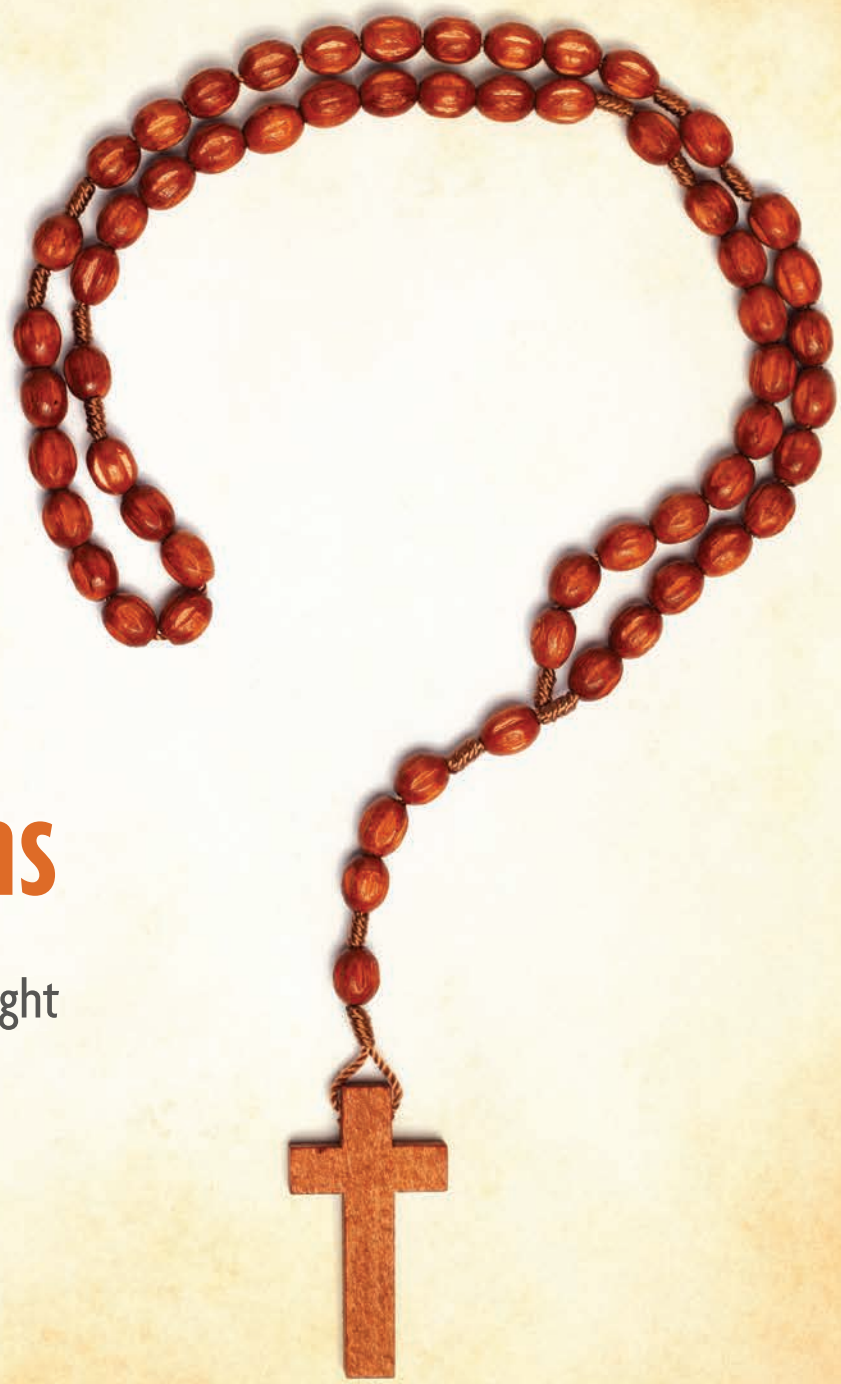
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End of Life Options

And why we might not have them in Humboldt

By Michael Joyce

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Cal Fire firefighters on scene at the Stafford Fire. Read more on page 13.

Photo by Mark McKenna

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Wellness Support Groups

For more details, call the phone number listed with each group.

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2nd Wed. of month, 7 – 9 p.m., St. Joseph Hospital Conference Room 1
A heart surgery support group led by volunteers who have had open heart surgery. 443-2529

Prostate Cancer Support Group
2nd Wed. of month, 6 – 7 p.m., St. Joseph Hospital Conference Room 3
Open to those that have been diagnosed with prostate cancer and their loved ones. 496-8340

Redwood Ostomy Association Support Group
2nd Sat, of month, 2 – 4 p.m., St. Joseph Hospital Conference Room C2
Open to all who have a colostomy, ileostomy or urostomy, their family members and the medical community. 442-2770

Stroke Support Group
1st Mon. of month, 10:30 a.m. – noon, General Hospital Burre Room
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Terry Torgerson

'Long Shattered'

Editor:

Well written article Ms. Stansberry ("The Death of Jeannie Newstrom," Aug. 4).

I licensed and monitored Residential Care Facilities for the Elderly in Humboldt County for Community Care Licensing during the period 1989 through 1996 and other facility types until 1999, whereupon I transferred to Sacramento to work in various capacities within CCL's statewide administrative offices of oversight until my retirement in 2006. I originally licensed Ms. Chamberlin and oversaw the facility operation of Ms. Winogradov, as well.

Mr. Clawson established Humboldt residency during the early 1990s and worked to build prominence in the care-providing community during my Humboldt assignment there also.

Elder abuse in all its forms is going to happen regardless whether a "system" of oversight is in place or operates effectively. We can only hope for early and effective intervention by which to stem the tide. Speaking from my CCL experience, that division of the California Department of Social Services has declined in appalling fashion over the past 25 years. State budget shortfalls led to relaxed standards regarding the type and frequency of mandatory face-to-face oversight of facility operations. Legal staff shortages forced the Department of Social Services (DSS) to severely limit and prioritize the cases they proceeded to administrative hearing with. DSS training for licensing program analysts was discontinued and the department's training center closed.

Continuing education for licensees was turned over to the private sector and became, in some instances, educational scams and/or little more than excuses to write off ocean cruises and resort vacations as IRS-sanctioned professional "training" deductions for licensees. Here's another little bit of knowledge: If you are persistent enough in applying for licensure, the department will (in almost every instance) grant you one — no matter how hopeless you appear in meeting the challenge. Anything to avoid the cost and expense of formally denying your application and (should you appeal) having to take the costly step of pursuing legal action to deny you your dream (no matter how illogical it seems).

Bed shortages and dysfunctional operation within most skilled nursing facilities led to the allowance of more serious medical conditions and even hospice care within CCL facilities. The medical continuum of care as we once knew it has been long shattered. Professional licensing boards are ineffective. The system has clearly failed to meet the needs of those most distressed.

If you are a prospective consumer of community care services for your loved ones, do your homework first and keep your fingers crossed.

Tim Worley, West Sacramento

Continued on next page »

Decennial Villanelle

Every ten years I write one.
Sometimes playfully, like a crossword, antic —
Maybe this time the right touch, the light one.

I tried Optics — Oh, I thought I was the bright one!
Even brought up Spinoza — perhaps too pedantic —
Every ten years I write one.

Now, consciously fashioning lines, as might Donne —
Or Neruda, rather, someone romantic —
Maybe this time the right touch, the light one.

But she turns aside, my Heart's-Delight One —
"Oh, wow, another villanelle," she yawns, "Enchanting."
Every ten years I write one.

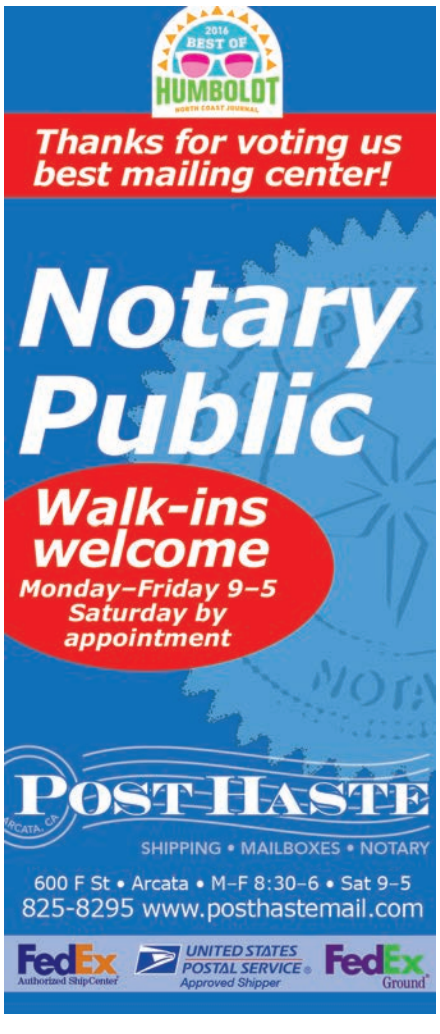
Maybe Theology — a theme that will heighten
The tone a bit — something resonant, even tympanic —
Maybe this time the right touch, the light one.

Oh, where is that Muse? Did I fail to invite one?
Come, come, dear sprite, from o'er the Atlantic!
Every ten years I write one.
Maybe this time the right touch, the light one.

— Rick Park







Mailbox

Continued from previous page

Not Wasting all that Sun

Editor:

Yes, Charlie, as news director, I remember interviewing you about off-grid solar power (Mailbox, Aug. 11).

I only wish that YOU remembered that not only am I off grid with an alternative energy solar system, but that you actually helped me over many years when I would come in needing parts/supplies or new panels or batteries.

I also wish that you would remember that you can't always believe what you read in the newspaper.

That story ("The Tax Man Cometh," July 28), and the way it was written, gave the impression that I run my generator just to watch television. That is just not the case and I need to set the record straight.

I, like many people in Humboldt County, use solar power all year round for all my electrical needs. I have a small generator that is used as backup for my solar power.

In the summertime, I hardly have to use my generator because the sun keeps my batteries charged. In the winter, during cloudy days, I run my generator when needed to keep my batteries charged.

I am very sensitive regarding generator noise and do not want my neighbors to hear mine. My generator is small, enclosed and quiet.

The subject of the meeting was cannabis growing and its impact on the environment, especially 24/7 generator use for indoor cultivation, which requires a lot of power. Humboldt County's new cannabis ordinance limits indoor growing to areas served by the grid and prohibits indoor growing off the grid unless it is completely solar powered and carbon neutral. I have always been a proponent of solar power and will continue to support clean alternative energy in any way that I can. As a rural resident, I know how important that is.

Estelle Fennell, Redway

Correction

The cover story, "Best of Humboldt," in the Aug. 11, 2016 edition of the *North Coast Journal* contained several errors. Ken Luu and Henry Krüger's names were misspelled, and Hole in the Wall's Arcata location, 590 G St., should have been included under the "Best Sandwich" category. The *Journal* regrets the errors.

Write a Letter!

Please try to make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com ●

News



Belongings wait for owners at Koster and Washington.

Photo by Linda Stansberry

Putting Heads Together for Housing First

Humboldt County has one of the highest rates of chronically homeless people in the United States

By Linda Stansberry

linda@northcoastjournal.com

It's Thursday, Aug. 11, moving day, and the Eureka Police Department is busy. Every morning at around 6:30, several officers visit the parking lot where homeless people are allowed to sleep between 7 p.m. and 7 a.m. The "designated temporary overnight sleeping areas," as city employees call them — the word "camps" is strictly verboten — are the current workaround to the sticky issue of what to do with the nebulous population of people sleeping rough in Eureka. Around 100 were displaced on May 2 when — after more than a year of debate — the city officially disbanded the unsanctioned camp that had spread behind the Bayshore Mall in the PalCo Marsh. Around 30 former marsh campers found sanctuary in a village of converted shipping containers run by the Betty Chinn Foundation, some disappeared into greenbelts or left town, and some return nightly to the parking lot at Washington and Koster streets, one of the three locations the city has designated as "low enforcement zones," meaning people can sleep there without being rousted and ticketed by the police. At least, that is, until morning comes.

"We do roughly 10 patrol checks every day, at least in addition to when officers go down on their own, " says EPD Capt. Steve Watson. "Plus staff has multiple officers get there between 6:30 and 7. It's been a struggle, quite frankly, to get them up and moving."

Aug. 11 was a day of added challenges for the officers and the roughly 30 people sleeping at the Wharfinger Building parking lot, as the 14-day period in which people were allowed to sleep there had ended and they had to be reminded to move to Koster and Washington streets. The spot has been rotated every two weeks for the last two months, with belongings stored in plastic garbage cans and moved by city staff from one area to another.

The sleeping area solution, admits Watson, is not a perfect one.

"I would say, at the end of the day, I still see where we're at now as an improvement over the marsh. There were a vast amount of resources [used] there. It is an



A panel of formerly houseless Humboldt County residents takes questions.
Photo by Linda Stansberry

improvement, the best we can do. I don't know many other places in the country that are doing what we're doing. Where we are today is much better than May 2."

Meanwhile, a mile away, more than 300 people have gathered at the Adorni Center, seeking a better solution. It's the pinnacle of the city of Eureka and county of Humboldt's Housing Summit, which kicked off earlier in the week with a pledge to house 30 people in 60 days. The keynote speaker is Sam Tsemberis, a clinical and community psychology practitioner from Canada often credited with founding the Housing First movement. Robert Ward, administrative analyst with the Humboldt County Department of Health and Human Services, kicks off the event with a grim statistic: According to the 2015 Point in Time counts, the number of chronically homeless people in Humboldt County, per capita, is higher than Washington, D.C.

Actually, according to statistics compiled by DHHS, Humboldt County has proportionately more chronically homeless people than many major metropolitan areas in the country, including San Francisco, Boston and even New York City. Chronically homeless, as defined by the Department of Housing and Urban Development, is "an individual with a disabling condition ... who has either been continuously homeless for a year or more or has had at least four episodes of homelessness in the past three years." Disabling conditions can include mental health and substance abuse disorders. People who meet these criteria are being prioritized by DHHS and the Eureka for its Housing First initiative. But what Housing First means requires definition as well, says Sally Hewitt, senior program manager at DHHS.

"We kept hearing different versions about what it is from different sectors of the community," says Hewitt in a phone interview. "Some were saying Housing First means build housing first, other groups say that tents are housing first, or that tiny houses are housing first. We're not saying that these ideas don't have value, but we want everyone to be on the same page."

In his speech, Tsemberis praises the "commendable" work already accomplished by the county. He revisits the foundational principle of Housing First: Rather than demand people be "housing ready" by addressing mental health or substance abuse issues, put people in housing, then give them the skills and support they need to stay there. Although it's a relatively young movement, studies have shown significant reductions in chronic homelessness and costs to government with the Housing First approach.

"I know you can do this," Tsemberis says. "You're most of the way there already."

About an hour into his speech, Betty Chinn slips quietly from the room. She has work to do, preparing lunch for the hungry, as she has done every day for more than 30 years. Before lunch, she confers with James Rockwell in the middle of the Mercer-Fraser parking lot at Third and Commercial streets, where around 30 people are living in converted shipping containers. Rockwell is project manager for the Greater Eureka Community Outreach Program, also dubbed the Blue Angel Village. In the last three months, 26 of the 66 people staying at the village went on to find housing and 27 others found employment.

"This is a training ground for people," Chinn says. "We show them how to live inside."

"The best thing about it is how low the barrier is to stay here," says Rockwell. People staying at the village do not have to be clean or sober, and they can bring their dogs. Chinn often plucks them directly off the streets or from the designated sleeping areas. She says the sleeping areas are rowdy at night, a difficult place to rest. One man, she says, was so fatigued that when he came in he slept for 20 hours straight. Once they've slept and showered, once they feel safe, they are able to access services from the Mobile Intervention Services Team and other entities. It's been a successful project, according to Chinn, although it's temporary, due to end in three months. And although the village and other shelters such as the Multiple Assistance Center represent a temporary respite from the stresses of the street, they do not meet the definition of permanent, supportive housing as recommended by the Housing First movement.

Outside on Third Street, there's a steady stream of people walking past or just sitting on the sidewalk with dogs and backpacks. This, Chinn says, is where many go between 7 a.m. and 7 p.m. These are the people social workers, case managers and housing specialists will be trying to reach and place in what, by all measurements, is a finite resource: housing.

Back at the summit, the crowd has broken into groups to brainstorm how to recruit landlords. Don Smullin, executive director of the Eureka Chamber of Commerce, is going around with a clipboard, looking for landlords to sign up for a presentation the chamber is hosting.

"The pool of people we want to get into the apartments, they have lots of challenges," admits Hewitt.

To incentivize landlords to accept clients, DHHS created a mitigation fund to pay for any damage (Hewitt says several employees chipped in) and is emphasizing the supportive services offered by the county, including a hotline for landlords. The historically low turnover rate for clients with support services, Hewitt and others say, should be a point in their favor. Still, systemic challenges remain.

In a breakout group to discuss landlord recruitment, several case managers with the Redwood Community Action Agency, the MAC and the city of Eureka discuss their biggest hurdles. The biggest property management companies are spoiled for choice, they say, with a very low vacancy rate (around 3 percent as determined by consultancy group Focus Strategies) and lots of applicants. If applicants have an eviction on their records, they're automatically rejected. Case managers can help a client write a cover letter explaining their circumstances, but those are rarely read.

As they and others search for solutions, the clock is ticking. The city and county have pledged to house 30 people in 60 days, with a deadline of Oct. 7. The effort includes aggressive work by MIST, DHHS caseworkers, and referrals from 211, a community switchboard. As of press time, they had placed one client, with 29 more to go. ●



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Farm to Flame

Arcata's new cannabis tracking system has some seeing tracers

By Max Esdale
newsroom@northcoastjournal.com

California's Medical Cannabis Regulation and Safety Act regulates marijuana plants more like painkillers than agriculture, requiring every plant in the state to have a unique identification number tagged to it. New laws require a "track and trace" system to monitor all plant material using these IDs, from the ground to final sale, by 2018. Now, local governments are getting involved and systems like Arcata's will be implemented at the county and city level all across California throughout the coming year. Do businesses and patients understand the implications? Are they prepared?

Hear that sound? It's a rumbling in the distance, gaining momentum. It's the sound of transformation. Into what, it is hard to say, but the velocity is undeniable. Two Friday mornings ago in Arcata the cadence reached a dull roar for a moment, as the town hosted Florida-based BioTrackTHC for an informational session on its software, which will be used to track any and all cannabis and cannabis-derived products into, within and out of Arcata city limits. Once initiated, every cannabis product must be inventoried for tracking by the system within 30 days.

Arcata is the first city in the state to implement a track and trace system. It's following closely on the heels of Humboldt, which recently contracted with the Swiss firm SICPA to pilot the first countywide track and trace system. Other cities and counties will follow suit. The implications of Arcata's decision will make themselves known over the course of the roll-out, but the economic consequences are potentially severe for a community that benefits greatly from cannabis. In attempting to get ahead of the curve, the city may instead be needlessly throwing itself under the fast-moving bus of regulated cannabis.

Last fall, California passed three bills collectively titled the Medical Cannabis Regulation and Safety Act, the result of months of bargaining and lobbying, with the lessons of other states informing how the largest producer of and market for cannabis should regulate and tax the plant. An exhaustive and exhausting law, MCRSA will heavily regulate cannabis, including through tracking systems like Arcata's. MCRSA maintains some stigma and won't regulate cannabis like a plant. Consequently, unlike any other agricultural product, the state will require every plant be tagged with a unique identifier.

The identifications will track all plant material from the ground through processing and manufacturing (into bud, concentrates, edibles and whatever else) and, ultimately, into the hands of patients. This means any medical cannabis product sold legally in the state will be traceable — through the identification numbers — back to the individual plant or plants from which it came. It's a "farm to flame" system that allows state regulators to track the exact location of any and all plants and products at any point in the production cycle.

Sacramento's stated goal is to guarantee public, environmental and consumer safety, ensuring products can be tracked to their source plants and farms. It aims to prevent diversion to (untaxed) black markets, which is one of eight priorities the federal government set in directing state regulation of medical or adult use marijuana. But tracing also helps ensure the state can collect maximum tax revenue. With Sacramento estimating a boost to the state budget of more than $1 billion in the first year of the new laws (2018), it's no surprise it is keen to watch over every aspect of the supply chain.

Does BioTrack's selection fit into those goals? What are the potential risks Arcata faces being a first-mover? The informational session provided some answers. Held in the large community center, it was woefully attended. Hundreds had turned out for the Bureau of Medical Marijuana Regulation sessions held there a couple months ago. Maybe the event wasn't well publicized, but this lack of participation of the hundreds who are connected to cannabis commerce in Arcata is likely a sign of resignation from most small operators as to the futility of compliance with the new system. Many expect their impending sentence is death by hanging, so why bother attending the demo showing how the gallows work?

In attempting to get ahead of the curve, the city may instead be needlessly throwing itself under the fast-moving bus of regulated cannabis.

Sparks flew once or twice during the low-key session as it became clear the system needed work and wasn't developed with Arcata's operators in mind. BioTrack demonstrated its software on a large screen, but the system shown was for Washington's Liquor and Cannabis Board. Was the system tailored to the state and local governments' specific requirements? That is a work in progress, and "soon" was the time frame. Arcata's contract offers users 30 minutes of free training and practice on a "sand box" version based on the Washington system, followed by a test users must pass .

How is the system being paid for? Initially, all costs will be paid by city-licensed businesses on the basis of unique IDs issued in the system, at a rate of 1 cent per ID. Those outside the city, such as the bulk of cultivators, will not be responsible for buying IDs. Unique IDs are issued to identify every individual plant, every batch of plants processed together, every step of transforming materials such as concentrates, and even every transaction and transportation manifest would require its own ID. But because the system is only citywide, those who produce products outside city limits would only need to register them upon entry into Arcata.

One concern that prompted significant discussion was the five-day hold require-

ment. All cannabis products sold in Arcata must be set aside and not used or sold for five business days, not including holidays. This means bud entering the city must be left sitting in case the city chooses to audit and inspect it. After the wait period for that transaction, the bud can be used or re-sold. However, any transaction triggers the five-day waiting period again: from shake to concentrate to edible to retail, the delays and inefficiencies pile up quickly. One intermediary between growers and retailers said this requirement will at least double her turn-around between orders and fulfillment.

Cultivators came up frequently. MCRSA requires a transportation manifest, and all cannabis entering or leaving Arcata must have one showing what is being shipped, from and to whom, and the times of departure and arrival (estimated and actual). How do hill-dwelling farmers get a manifest without Internet? The answers fizzled around "you'll figure it out." When distributors bring product to the Bay Area to shop it around, the manifest creates another complication: One must be created for each potential buyer a distributor visits, even though they may not buy anything.

Transactions involving more than 5 pounds will trigger automatic city inspections. It's possible the city is underestimating how many transactions of this size take place and won't have enough staff to perform audits in a reasonable time frame. The system requires that every individual plant's weight be recorded (both wet and dry, separated by processed components) by unique ID. This drew particular disdain from the crowd and BioTrack's COO tried to pacify these worries, saying operators could just weigh all their plants together and divide by the total, then fill in that average weight for every plant ID. Is it legal to cut corners this way? "They probably won't send cops to your house," came the unconvincing reply.

Arcata's complex system is creating problems and costs, and is incompatible with the county system. Compatibility with other software like QuickBooks is also not yet available, meaning the same data will need to be double or triple entered across platforms. Data entry requirements are intense enough that BioTrack recommends every business hires another full-time employee to keep up. Unsurprisingly, one solution mentioned at the meeting involves paying BioTrack more. After saying they weren't supposed to talk about it at a public session, company reps discussed accessing functions like accounting or employee management, at a cost of $400 a month (plus a $1,500 set-up fee).

Who benefits from Arcata's unforced error as the county goes another direction? BioTrack's goal is clear: Win local contracts as stepping stones to a contract with the state. Until then, it can up-sell its software to all the businesses that would otherwise have to enter data multiple times. For Arcata, the benefit is unclear. Will it influence the coming regulatory system? More likely, the intent of creating countless restrictions is to force cannabis businesses into the city's Medical Marijuana Innovation Zone. Repeatedly during the meeting, city officials chimed in, "This restriction doesn't apply to businesses and transactions in the MMIZ."

Given the shortcomings of Arcata's abruptly mandated system, other municipalities should take a more reasoned approach that considers existing realities.

Laws change to reflect attitudes, and our society doesn't stigmatize cannabis like it once did. Now is the time for local governments to demonstrate bold leadership and represent constituent interests: as much as MCRSA allows, they should treat cannabis like a plant and not unduly restrict access. This is also a crucial moment for cannabis supporters. As regulations are discussed, it is up to advocates to speak up and remind officials they are watching. And that their voice will be heard this election year. ●

Max Esdale is a policy nerd who lives in Berkeley but would rather be back in Kneeland (and wants to see cannabis regulated like a plant).

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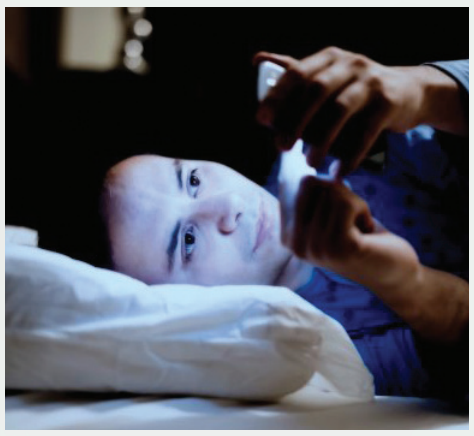
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Cannabis & Insomnia



Many individuals choose to use cannabis as a helpful tool in addressing insomnia. Cannabis has a well known history of offering relaxation and sedation for many users. When using cannabis as a tool for sleep, there are many helpful factors to consider. Not all cannabis may offer the same effects, and at times, environmental changes may be more helpful than cannabis.

Medical cannabis patients at HPRC find that addressing insomnia is a multi-faceted approach. One of the first issues that patients can investigate is artificial light leak in their bedrooms. Is the TV still on? Are you staring at your bright mobile phone screen? Is light leaking in your window from that bright street light? Artificial light can interrupt your natural production of melatonin; the neurotransmitter your body produces to invite you to a restful sleep. Turn off the TV and try covering up any sources of light, including phone chargers!

Another helpful tool is Blue Blocking Glasses, sold at HRPC Arcata. These glasses block blue wave lengths from entering your eyes and interrupting your melatonin production. Think of the evolution of humans in nature. When the sun would set in the evening, humans would not have bright lights shining into their eyes! Many patients comment that by just using the Blue Blocking Glasses they get to sleep faster, and have a more restful sleep.

When patients choose to use cannabis as a tool to address sleep issues, it is important for patients to develop a restful ritual before they consume cannabis. Many patients comment that making a cup of non-caffeinated tea and focusing on deep breathing begins the process of relaxing the mind and body. Once the mind and body connection has been established, cannabis consumption can increase the sense of relaxation, sedation, and invite patients to lay down to sleep. If patients are in a stressful state and troubled with a racing mind, cannabis consumption in the evening may actually exacerbate a patient's symptoms and keep them awake.

Patients should also be aware of the cannabinoid profile of the medicine they choose for insomnia and sleep issues. While CBD may be helpful to many patients during the daytime, evidence shows it may act as an awakening agent, so patients tend to avoid high dose CBD in the evening. Another note to be conscious of is the THC potency of the medicine. For certain individuals too much THC can leave people feeling more "sativa" high or invigorating effects compared to heavier sedation that well cured and aged cannabis may offer. Aged cannabis tends to be higher in CBN, which is a cannabinoid best known for its anti-insomnia effects and helping patients get to sleep. Terpenes found in different strains may also offer a relaxing effect. For relaxation, seek out strains higher in Beta Caryophyllene and Myrcene. Avoid strains high in limonene during the evening.

Smoking cannabis will offer the fastest onset for patients, however orally ingested cannabis will have a longer duration and may be more helpful for patients trying to stay asleep throughout the night. Check out lab-tested medicine at HPRC to identify the cannabinoids present in each strain, ask for a free cannabis journal to record your use, and be part of our patient feedback loop! Finding the proper dose of cannabinoids is key to the most beneficial experience for patients. Always start with the lowest dose possible when exploring the different applications of medical cannabis. Talk with your doctor about making any changes to your medicine, and let our informative staff help you navigate the world of medical cannabis.

The information presented in this article is not to be considered medical advice and is for informational purposes only. Always work with your primary caregiver when making decisions about medicine use.



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Growing Pains

By Thadeus Greenson
thad@northcoastjournal.com

The backlash came fast and fierce. "Get ready for some hate mail," warned one Facebook commenter about 30 minutes after the post went live. Within hours, the boycott calls began.

On Aug. 10, the *Lost Coast Outpost* posted to its news site the full list of marijuana growers and manufacturers who have taken steps to register their operations, future and existing, with the county. As of the *Outpost*'s publication, there were 846 of these folks who had registered with the Humboldt County Planning and Building Department, putting pen to paper to officially report who they are, what they're planning, where they're planning it and what, if any, existing commercial marijuana activity is already there.

For an industry that's long operated in the shadows, fearful of prosecutions, forfeitures, rip-offs and lists, these 846 took a marked step into the light. But, as they knew — or at least should have known — those permit applications and registration lists are public documents, available to any cop, neighbor, speculator or reporter who walks in off the street to ask for them. Enter the *Outpost*, which posted to its website four county lists detailing those already permitted, those in the application process, those who asked the county for help preparing applications and those who have registered their scenes with the county.

In a Facebook post teasing its story, the *Outpost* urged its followers to "meet your friends and neighbors who are looking to get into the legal weed game," and, well, people freaked out. There were excoriations, f-bombs, plaintive pleas and threats.

In the documents, readers can access the names of land and business owners and brief descriptions of their marijuana cultivation and processing plans. *LoCo* redacted the most sensitive information — the parcel numbers and addresses for the operations — but seemed to do so somewhat reluctantly. "We're not sure why we're doing this, exactly. I suppose just because publishing 850-odd street addresses of active grow operations still feels too much like weird taboo juju," wrote *LoCo* editor Hank Sims in the post, going on to add that in addition to that bizarre journalistic logic, the fear of pot rip-offs is still pervasive and there's the "odd" chance those signing up didn't realize the information would be made public.

Sims declined to comment for this story but warns sternly in his post, "The reality is that this information is already out there, and not difficult to find."

Well, it's a whole lot easier to find now. And that's a problem in the eyes of many. Commenters on *LoCo*'s site argued that while the average shithead with a gun might not know to go to Planning and Building to pull public records to see who might be an easy robbery target, he or she might happily follow the home invasion road map *LoCo* provided to anyone with an Internet connection.

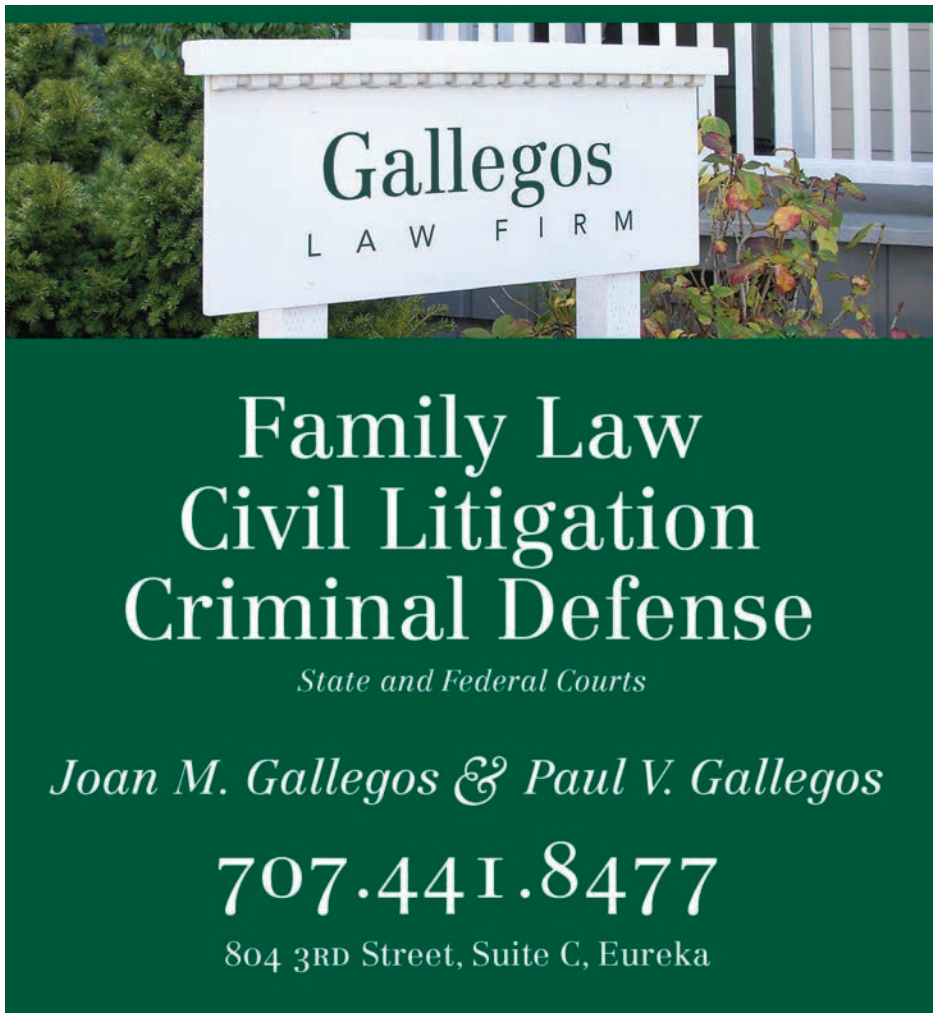
In *LoCo*'s defense, there is clearly a lot of newsworthy information in these lists. They are loaded with prominent names and begin to answer some of Humboldt's biggest and longest held pot economy questions (who, how much, where). Could *LoCo* have reported the newsworthy tidbits — the public figures and general trends — while protecting the identities of the other 800 or so operations, those who make up the roughly 20 percent of Humboldt County's marijuana industry that is trying to take a bold step into the world of regulated legitimacy?

California's marijuana industry is changing at breakneck speed. Growers, cops and regulators are all being forced to adapt. Journalists must do the same. After all, new paradigms come with new rules.

But I've always been told it's not so much what you do as how you do it. Would *LoCo*'s posting the lists have been taken differently had the news site reported the hell out of the documents, analyzing the prominent people, political relationships, business models and trends they unearthed within? Would it have helped if the site used a slightly less small-town, voyeuristic teaser on Facebook?

Did *LoCo* pull a "dick move," as one commenter alleged, or just a journalist move in a decidedly dicky way?

Really, though, there's a bigger question at play here; bigger than *LoCo* and, *yes*, bigger even than weed. How do we as journalists make sure that — especially as we cover this shadowy industry coming into the light — we report the news in a way that's honest and direct, but also one that thoughtfully balances the public's thirst and need for knowledge with a modicum of discretion and decency? ●





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Life-Saving Librarian

The overdose reversal drug Narcan has saved at least two lives in Humboldt County this month.

Over the weekend, Arcata police officers revived an unconscious 29-year-old man with a nasal spray dose in the department's first use of Narcan since officers began carrying the medication that counteracts the effects of opioids.

Earlier this month, librarian Kitty Yancheff did the same.

"I never thought I'd have to use it," said Yancheff, the public service division manager who works at the main library in Eureka. "You never expect it to happen, but you just don't know."

The Humboldt County Department of Health and Human Services provided the kits in both cases under its Narcan program, part of a multi-pronged approach recommended by the Centers for Disease Control to combat the nation's growing opioid addiction epidemic.

DHHS senior health specialist Alison Newman said individuals who are at risk of overdose, or have family members at risk, can receive the kits after a short training. Healthcare providers and members of community organizations have also taken the training, she said.

According to the CDC, prescription pain medications and illegal street drugs, like heroin, played a role in more than 28,000 deaths across the nation in 2014 and the number of overdoses have quadrupled since 2000. Closer to home, Humboldt County saw 60 deaths from opioid overdoses from 2011 through 2013.

Narcan works by blocking the uptake of opioids to the brain, immediately putting a person into withdrawal, Newman said. "It's like an Epipen for an overdose," she said.

Narcan is injected in a strong muscle like the thigh — but not the chest — or administered as a nasal spray, Newman said.

Yancheff saw the effects firsthand.

It was a typical busy Tuesday afternoon on Aug. 2 when she noticed a man slumped over in a chair at a computer station by the bayside library's central desk. Sleeping is not allowed in the library, she explained, so she went over to wake the man up.

Yancheff said he didn't respond to her repeated attempts to rouse him in an increasingly louder tone, even when she banged on a table and his chair. Another man came over and called him by name, telling him to get up. Then Yancheff saw the sweat pouring from the back of the man's head. He was limp and gurgling, his lips beginning to turn blue. Yancheff got her Narcan kit.

"He had all the signs of an opioid overdose and I just knew I had to make a decision. It was truly do or die," the librarian said. "I could feel the support from the staff, and that was helpful."

It took two injections — the first to the thigh and the second to his arm — but the man had begun to move by the time the ambulance arrived.

— Kimberly Wear

POSTED 08.15.16 READ THE FULL STORY ONLINE.

Stafford Fire



A Cal-Fire plane drops fire suppressant on a blaze near Stafford on Aug. 11 that charred 23 acres along U.S. Highway 101, temporarily closing a portion of the freeway. Initial estimates were the fire could grow to 100 acres or more, but a quick response from multiple agencies and tepid winds allowed crews to get the blaze under control. *POSTED 08.12.16*

Photo by Mark McKenna

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Council Races Take Shape: City Council races across Humboldt County began to solidify Aug. 12 as the filing deadline passed for most open seats (seats without an incumbent have an Aug. 17 deadline). The biggest filing day shock came in Eureka, where two prominent local politicos withdrew at the 11th hour, leaving little-known pastor Heidi Messner running unopposed. *POSTED 08.12.16*

Pot Tax Bill Dies: A bill by North Coast Assemblyman Jim Wood that would have created a unique excise tax system for the state's medical marijuana industry died quietly Aug. 11 when it was shelved by the powerful Senate Appropriations Committee without explanation. The bill was projected to raise up to $80 million annually. *POSTED 08.13.16*

Boating Accident: Gary Floyd Abena, 66, of Garberville, drowned Aug. 11 after a 19-foot boat carrying him and three others crashed on the rocks of the South Jetty. The other three escaped with minor injuries, but Abena got lodged in the rocks. He's believed to be the county's fifth drowning death this year. *POSTED 08.12.16*

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Digitally Speaking

286 Days in jail former care home operator Gina Chamberlain was recently sentenced to after being convicted of three crimes stemming from allegations that she stole more than $65,000, medications, a watch and a car from her elderly residents in 2013. *POSTED 08.13.16*

They Said It

"We don't really want to change anything at this point. If anything, we may have some of our people from Stockton come up to Eureka to see how they're doing things ... because Renner Petroleum has a very good way."

— Valley Pacific Petroleum Services, Inc. President and CEO Norman Crum on potential changes after his company's purchase of Renner Petroleum goes final on Sept. 1. Renner employs about 50 people in Humboldt County and Crum said no layoffs are on the horizon. POSTED 08.14.16

Comment of the Week

"There is a special hell for those who take advantage of the weak."

— Jennifer D. Franklin commenting on a post to the Journal's *Facebook page about Gina Chamberlain's recent sentencing (see Digitally Speaking). POSTED 08.13.16*



End of Life Options

And why we might not have them in Humboldt

Story and photos by Michael Joyce
newsroom@northcoastjournal.com

If Elizabeth Wallner's life was reduced to a statistic, it might be one of these. She's among the 30 percent of US adults who serve as a primary caregiver (for her parents); she's one of the nearly 12 million single parents in the United States (raising her son); and she's included in the 10 percent of the U.S. population that is self-employed (she's an education consultant).

And, she's among the one in 20 Americans who is diagnosed with colorectal cancer during their lifetimes.

But if there is one statistic that probably matters most to Wallner, it is that she's among the 10 percent of stage IV colon cancer patients still alive more than five years after being diagnosed with widely spread (metastatic) cancer.

When Wallner was diagnosed in 2010, at the age of 47, she was given 18 months to live.

But she doesn't see herself as a statistic, or even a cancer survivor. "The cancer is still there, so I guess I'm a cancer patient," she says by phone from her Sacramento home. "And that 18-month prognosis came from statistics and that was wrong. Actually, wrong and scary."

Wallner has endured 18 rounds of chemotherapy and five surgeries. Her cancer came back earlier this year and she had half her left lung and half her liver removed. Doctors don't offer Wallner life expectancy statistics anymore because they simply don't know. All she knows is that another five years — like five days, five weeks, or five months — would be more a meaningful gift than an arbitrary number.

"I definitely want to live and I love my life," she says. "But I will choose quality of life over quantity of life. And I believe in autonomy in medical decisions at the core of my being. I don't need to eke out my last few days if it terrorizes me, my son, my parents or my siblings."

In part, it's this conviction regarding autonomy (which she calls a "privileged expectation") — along with the uncertainty of life with cancer — that led Wallner to become a spokesperson for Compassion & Choices. The Colorado-based nonprofit is dedicated to "dying in comfort, dignity, and control" and is considered to be one of the country's most influential advocacy groups supporting physician-assisted death for the terminally ill. It played a significant role in encouraging California to become the fifth, and by far the largest, state to allow physicians to prescribe lethal medications to terminally ill patients.

But like Oregon's 18-year-old Death with Dignity Act, California's End of Life Option Act — which became law June 9, 2016 — is proving to be just as controversial among those who work with the terminally ill as it was among the general public.

And in rural counties like Humboldt, it may turn out to be hardly an option at all.

The Brittany Maynard Effect

"My husband was a physician who died of a brainstem stroke in 1987," says Patty Berg, who represented the North Coast in the state Assembly from 2002 to 2008. "And he would have begged me to end his life had he survived the stroke. I knew it."

During her years in the Legislature, Berg tried and failed three times to pass medically-assisted suicide legislation.



A statue of nuns overlooks the entry to St. Joseph Hospital in Eureka, which has opted out of the state's new End of Life Option Act.

"It's all about the money," she says when asked about what thwarted her efforts. "It was the threat of the California Medical Association and medical associations in other states, the Catholic Church, and some groups in the disability community. Those three."

Then, this past year, for the first time, the California Medical Association adopted a neutral stance, becoming the first medical association in the country to do so. Many, including Berg, a cancer survivor herself, attribute this change of heart to Brittany Maynard, the 29-year-old terminal cancer patient who drew worldwide social media support in advocating for her own right to die. She exercised that right by moving to Oregon and ending her life on Nov. 1, 2014. By sheer coincidence, that was the same day local physician Michael Fratkin started crowd-funding for what would become Resolution Care, a Eureka-based palliative care clinic dedicated solely to "bringing capable and compassionate care for everyone, everywhere, as life approaches completion."

"I appreciate what the California End of Life Option Act means and signifies for our society," Fratkin says. "We are waking up and we are turning our attention to the hardest and most difficult issue human beings face: their own mortality."

But Fratkin — like nearly all the physicians interviewed by the *Journal* on the subject — stops short of unequivocally stating he would sign such a fatal prescription. He feels medically-assisted suicide will only be used by a very



End of Life Option Act
Who Can Use It and How?

- California resident > Age 18
- Two doctors agreeing the illness is terminal and the patient has < 6 months to live.
- The patient is mentally competent to make own health care decisions (if this is questionable, a psychiatric evaluation is required).

If the above criteria is met

- Patient must make two verbal requests to an MD at least 15 days apart.
- Patient must make one written request witnessed by two adults.
- Physician who prescribes the fatal prescription has to inform the patient of feasible alternatives, inform them they can opt out at any time and do his or her best to make sure the patient is not being coerced in any way.
- Patient must be able to ingest fatal prescription on his or own.
- No other person (healthcare professional, conservator, or attorney-in-fact) may make the request for an aid-in-dying medication.
- Participation in the program is voluntary for hospitals, doctors and pharmacists.

Source: California Assembly Bill 15; leginfo.legislature.ca.gov

small number of people, a number he says won't even come close to what he estimates are the nearly 400,000 Californians who qualify for palliative care.

In Oregon, an average of 55 Death with Dignity patients each year follow through and ingest their fatal prescriptions. With California being roughly 10 times more populated than Oregon, we could expect hundreds — not thousands — to follow suit. However, this rough comparison does not take into account the demographics of just what kind of patients avail themselves of physician-assisted death (see sidebar).

It also does not take into account the convictions of local physicians.

Jennifer Heidmann is a geriatrician who agrees with Fratkin that palliative care is where the emphasis belongs. But unlike most physicians contacted for this story, Heidmann is unequivocal in her views regarding the End of Life Option Act.

"That's a line I've never chosen to cross. And I'm just worried about the slippery slope of using my trusted position to push someone faster toward the end of their life," says Heidmann, who works with some of the frailest and most at-risk elderly in Humboldt County.

"The main thing for me is the vulnerability of the people I care for. And the concern that expediting death is not tending to people who may be suffering in a way that feels safe for someone who has taken the oath that I took."

How it Works

For people to qualify for the End of Life Option Act, they must be a California resident over the age of 18, with a terminal illness and two doctors who agree they most likely have less than six months to live. The first doctor is identified as the "attending physician," or "the physician who has primary responsibility for the health care of the individual and treatment of the individual's terminal disease." It is implied, but not explicit, that the second consulting physician be independent from the first, and qualified to comment on both the diagnosis and prognosis of a patient's specific terminal illness.

Patients cannot have impaired judgment and must be both mentally and physically capable of self-administering

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End of Life Options

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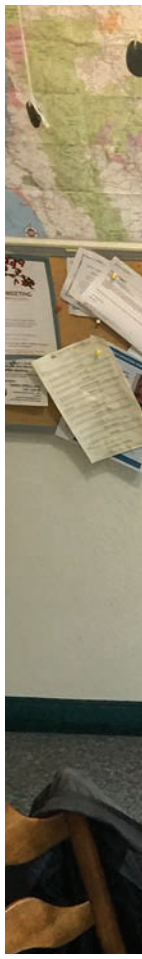


Elizabeth Wallner, pictured here with her son Nathaniel, lives with colorectal cancer and serves as a spokesperson for Compassion & Choices, a nonprofit dedicated to helping people die in "comfort, dignity and control." *Submitted*

Summary of Arguments Against Medically-Assisted Suicide

- It advocates suicide as solution.
- Takes emphasis away from palliative care.
- Could neglect diagnosing and treating depression as an important step.
- Fatal prescriptions can be both botched and abused.
- Diagnosis of "terminal" is inexact.
- Impending death (and disability) are vulnerable/stressful situations that are not conducive to making good decisions.
- May disproportionately attract the poor and marginalized who can not afford — or don't have access to — more appropriate or costly options.
- "Quality of Life" and "dignity" for the disabled are misunderstood and underrated by the able bodied.
- In a profit-driven healthcare system, will this option become favored over more expensive options?

Source: Not Dead Yet



the fatal prescription at the time they choose to die. The decision must be voluntary, with no evidence of coercion, and cannot be relegated to a surrogate, attorney-in-fact, conservator or even preemptively in an advanced directive. Those with chronic pain, Alzheimer's disease, or psychiatric illness who are not terminally ill do not qualify.

Patients must make two verbal requests to their primary doctor, at least 15 days apart, as well as a written request witnessed by two people; one of these witnesses cannot be a relative or in line to benefit financially from the death in any way.

The physician and patient are required to discuss alternatives to the fatal prescription — things like pain control, hospice and palliative care — and either can withdraw at any time. In fact, participation in the program is completely voluntary for all health care providers, institutions and pharmacists.

If all the steps are followed properly, and clearly documented, the death will not be considered a suicide. This means the doctor will not be subject to any legal or professional sanctions and the patient's health and life insurance policies will not be affected.

There is no particular medication designated as the fatal prescription of choice. Based on the Oregon, Vermont, Washington and Montana experiences, it is typically a barbiturate like Secobarbital or Pentobarbital. Usually, it is a powder mixed with a sweet drink to mask the bitter taste. These drugs act within the brain to suppress both breathing and heart pumping, causing most patients to fall asleep within 10 to 20 minutes and die within one to three hours.

> "The physicians who most commonly deal with these end of life dilemmas are the oncologists, and St. Joes owns the oncologists."
>
> *— Dr. Beth Abels*

The law does not allow anyone to end a patient's life by lethal injection, so-called "mercy killing" or euthanasia. These remain illegal in California.

Major healthcare institutions that do allow the End of Life Option include: Kaiser Permanente, Sutter Health, University of California San Francisco and Medi-Cal (with state funds only).

Institutions that do not allow the End of Life Option include: the Veterans Health Care Administration, California Department of Corrections, Adventist Health, the federally-funded portions of Medi-Cal and, most importantly in Humboldt, Catholic-affiliated healthcare systems.

Medical Decisions by Bishops, Not Doctors

Catholic hospitals have long enjoyed a much deserved reputation for tending to the needy and offering quality health care. Along with this, a recent report by the American Civil Liberties Union and MergerWatch, found the number of Catholic-affiliated hospitals nationwide has grown by 22 percent since 2001. Currently, four of the 10 largest healthcare systems in the country — which combine to control one out of every six hospital beds — are run by Catholics. But in Humboldt County, nearly two-thirds of the hospital beds — and about a third of doctors, for that matter — are associated with the Catholic St. Joseph Health System. This directly affects healthcare decisions, most notably at the beginning and end of life.

"St. Joes will opt out (of the End of Life Option Act) because it's been the way we've practiced in the almost 100 years since we've been established," says Bill Parks, chief medical officer for St. Joseph Health in Humboldt County.

The St. Joseph Health System has prohibited its staff and contractors from participating in the End of Life Option Act while on the system's "time or premises."

But some wonder whether declining to participate in the End of Life Option Act gives a single religious group disproportionate influence in limiting healthcare options, in this case how the terminally ill choose to die.

"I don't see it as an option that's going to be limited," says Parks. "I think there will be those physicians who are going to believe that everybody has that right ... and they do ... and if they can make the medical case for it in their conscience, then they probably will participate. I don't anticipate a shortage."

But others think getting the requisite two doctors to sign off on a patient's



Eureka palliative care doctor Michael Fratkin says the End of Life Option Act signifies that, as a society, we are beginning to have a conversation about death.

end of life request won't be easy, especially in rural areas up and down the West Coast that have a dominant Catholic healthcare presence.

"I think it is going to be extraordinarily difficult for patients in Humboldt," says Beth Abels, who has been an internist in Humboldt County for 26 years.

"First of all, a lot of patients in Humboldt have no physician," she says. "Either they have no provider or a midlevel provider, and they (midlevel providers like physician assistants or nurse practitioners) are apparently not able to sign off on this. Secondly, the physicians who most commonly deal with these end of life dilemmas are the oncologists, and St. Joes owns the oncologists."

In fact, all of the cancer specialists in the county contract with St. Joseph. However, most of the 78 primary care doctors in Humboldt County (excluding general practitioners and internists that are hospitalists at St. Joseph) work with the Open Door Health System, which does not prohibit its doctors from participating in physician-assisted death.

Like most of the doctors contacted for this story, Abels thinks few of her primary care colleagues will actually be willing to write life-ending prescriptions.

"I think a lot of doctors in general have an ethical dilemma with it," she says. "We are taught to heal. We're upholding the Hippocratic Oath. And I think a lot of people, whether for religious reasons or professional reasons, are going to have a hard time writing a prescription to end someone's life."

And then there is the other end of life. Catholic hospitals typically refuse to offer abortions, fertility assistance or even sterilization procedures like a tubal ligation. As with the decision to not participate in physician-assisted death, these exclusions are based on religious doctrine; specifically, the 72 rules set forth by the U.S. Conference of Catholic Bishops. These rules are called the ERD, or "Ethical and Religious Directives for Catholic Healthcare Services." For example, Directive 48, which can endanger mothers because it considers aborting an ectopic pregnancy not "morally licit." Medical professionals and evidence-based science are not cited in the document. Quotes from the Bible are. This, despite the fact that Catholic hospitals nationwide receive billions of dollars in public funding.

Continued on next page »



End of Life Options

Continued from previous page

The Matter of Words and Words that Matter

It's probably not surprising that proponents prefer these word choices: "physician-assisted dying," "death with dignity," "choice," and "self-determination," to name a few. Opponents have favored "suicide" and "euthanasia." But what may be surprising is the opposition of one group and how it animates this emotionally charged debate.

Not Dead Yet is a grassroots disability advocacy group based in Rochester, New York, that alleges assisted suicide is a "deadly form of discrimination" against the disabled. At protests, group members often hold signs that read "Give me Liberty. Don't Give me Death." The reasons given for their opposition are carefully considered, wide-ranging and easily overlooked (see sidebar).

Diane Coleman, president and CEO of the 20-year-old group, has lived in a motorized wheelchair since the age of 11 with neuromuscular disease and describes advocates for assisted suicide to be the "white, well-off, worried, well."

What concerns Coleman is a slippery slope suggested by Oregon's Death with Dignity data that indicates those who participated in the program (largely white, college-educated, insured septuagenarians with cancer) mostly gave three reasons for following through: loss of ability to engage in previously enjoyable activities (96 percent), loss of autonomy (92 percent) and the loss of dignity (75 percent). She sees these as disability issues.

Columnist Kristen Powers, writing in *USA Today*, sees them as Orwellian: "Is anyone ashamed that we live in a culture where people believe that if they aren't autonomous or might be a burden on others that they should ingest drugs and die?"

Bob Neely, of McKinleyville, became a quadriplegic six years ago after a log hit him in the head while he was clearing land for his retirement home. He now relies on a voice-controlled wheelchair and his wife, Maria. His 46-year-old son Jeffrey can't really help because he has a genetic disorder and the cognitive abilities of a 2-year-old.



Bob Neely (seated) with his wife and caretaker Maria and their 46-year-old son Jeffrey at their McKinleyville home.

Issues of autonomy, lost abilities and what dignity means are not theoretical to the Neelys.

> "No one can possibly put themselves in someone else's shoes, know their pain, or their threshold to withstand it — be it physical or mental."
>
> *— Maria Neely*

"I couldn't even commit suicide without someone's help," says Bob Neely, as if realizing this for the first time.

"I've had my dark moments, sure, especially with pain. And if autonomy is going anywhere in the world, to do whatever I want, whenever I want, then I don't have that. But I'm alive. I have resources others don't. And I've got the love of my wife who works morning till night with me and Jeffrey. So I'm happy."

Both Bob and Maria Neely think the End of Life Option should be available to people with disabilities, not just in the case of terminal illness, but also if they feel their quality of life is unacceptable *to them*.

"No one can possibly put themselves in someone else's shoes, know their pain, or their threshold to withstand it — be it physical or mental," says Maria Neely. "Only that individual should have the right to say about their right to die. It's their life. Their business. Their quality of life."

An End

If death is a certainty, then agreement on *how* we should die certainly is not. Most of us in this country die in institutions even though most of us say we want to die at home. We usually die older, on more prescriptions, and under the care of more doctors than ever before. Our concept of the "natural death" may have transmogrified from a realistic expectation, through a tired cliché, and now on to misnomer. Although it may be true that many of us are afraid of death, it might be more accurate to say we're afraid of *how* we'll die.

"Until it becomes personal, it's just theoretical," muses Elizabeth Wallner, the Sacramento colon cancer patient. "So for people like me with a terminal illness, it's important to open up and talk about how I came to this decision with my family.

"This topic is so cloistered in America. It's become so medicalized and so separate that we're not connected to death anymore, and I think that has polarized us."

The End of Life Option Act is actually more of a trial run. Unlike Oregon's Death with Dignity, which is permanent, the End of Life Option Act will be reviewed in 10 years, at which time voters will decide whether they want the option — and the conversation — to continue.

By then, Humboldt County should have a much better idea of whether the End of Life Option Act is really much of an option at all, or yet another example of a specialized medical service that can only be found beyond the Redwood Curtain. ●

Michael Joyce is a freelance journalist living in Northern California.

The Oregon Death with Dignity Experience

Legalized late 1997; data from 1998-2015

- Since legalization, 1,545 fatal prescriptions have been written (an average of 85 per year), with 991 documented deaths from fatal prescription (55 per year), so approximately two-thirds of prescriptions have led to death.
- In 2015, of the 218 fatal prescriptions written, 125 (57 percent) followed through and were ingested. All patients died from the prescription. Fifty patients did not ingest and died of other causes and 43 outcomes were unknown.
- Approximately three in four patients are over the age of 65 and are cancer patients.
- Most common non-cancer diagnosis was Amyotrophic lateral sclerosis ("Lou Gehrig's Disease").
- Over 90 percent of patients are Caucasian and in hospice.
- Forty-three percent have at least a college degree.
- Most live in urban areas, died at home and had some form of health insurance.
- Physicians were usually not present at death.
- The most common type of fatal prescription was a barbiturate, usually Secobarbital or Pentobarbital.

The three most commonly mentioned end-of-life concerns were:

- Loss of ability to participate in previously enjoyed activities (96 percent)
- Loss of autonomy (92 percent)
- Loss of dignity (75 percent)

Source: 2015 Data Summary; healthoregon.org/dwd



A worker at White Labs in San Diego prepares to cut a batch of yeast into smaller pieces for shipping. *Photo courtesy of White Labs*

Humboldt on Tap

Yay, Yeast!

By Carrie Peyton Dahlberg
tabletalk@northcoastjournal.com

Just when I'm purring along in no-place-could-be-better-than-Humboldt-mode, some other locale saunters by, its gaze smoldering over a frothy beer glass, and my heart wobbles.

This time it's Oregon. Sweet, seductive Oregon, which made Saccharomyces cerevisiae the official state microbe. To even have a state microbe is geekily wonderful. To choose yeast, the microbe that makes beer bubble and bread rise, well ... here's lookin' at you, Oregon.

Yeast rocks.

While hops and malt are out there taking applause for the wonderful beer you drink, yeast has been toiling backstage, moving scenery and adjusting lighting so that everything else seems flawlessly fantastic.

Unless you brew beer yourself, you may not know how much magic is stage managed by this little microbe. Yeast feasts on sugars in the watery grain soup that is ready to be turned into beer. It grows and flourishes, giving off alcohol and carbon dioxide as waste products. Depending on which yeast a brewer puts to work, the beer can be cloudier or clearer, more or less alcoholic, sweeter or tarter. The rich, almost bready flavor I once attributed only to malted barley? It's the yeast, too. Hint of cloves or bananas? Yeast.

"People don't realize how much it can affect a beer's flavor," says Drake Mollberg, co-owner of Redwood Curtain Brewing Co. in Arcata.

Redwood Curtain is great place to start paying attention to yeast. Mollberg brews with more varieties than any other local brewery, and he lists some basic yeast information along with other ingredients on Redwood Curtain's ever-changing beer menu.

"We play around yearly with 10 to 12 yeast strains," Mollberg says, a range that wasn't as easily available when older, more established Humboldt breweries were starting out. By comparison, Eel River and Mad River breweries routinely use one strain of yeast, Lost Coast and Six Rivers most commonly use two, and Humboldt Regeneration, three.

As yeast grows and multiplies, it can also strengthen ties between homebrewers and breweries, which sometimes give away their excess yeast, just as neighborhood bread makers pass along their sourdough starter.

Michael Kraft, president of the Humboldt Homebrewers, says if he's planning a beer that calls for an American ale yeast, he'll takes an empty Mason jar along when he stops in to drink at Mad River Brewing in Blue Lake.

"It's cool. It entices you to order a pint

Continued on next page »

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or two," Kraft says. Along with the sense of community promoted by this sharing, the yeast itself is great. "It's going to be fresh, probably from this past week's stuff. It's really vital. It gets going very fast." Six Rivers and Humboldt Regeneration also share their yeast if they have extra, and other local breweries have said they would if asked.

Kraft, too, enjoys exploring the ways and wiles of yeast. He recently brewed a single starting recipe then added different yeasts, in separate fermenting containers, to create a blonde ale and a crisper, slightly frutier Kolsch-style ale. You could try this at home — or you could head down to San Diego, where a large yeast producer named White Labs has established its own tasting room to help people drink in the effects of varying strains of yeast.

"It's definitely worth checking out," says Ari Friedman, a bartender at Dead Reckoning Tavern in Arcata who visited White Labs about a year ago. "It's an educational experience. It's really fun to see how just the change in yeast can change the nose, the body, the sweetness, everything."

Sabrina LoPiccolo, White Labs' marketing manager, says tasting flights that showcase the same beer made with four different yeast strains is especially illuminating.

I so want to try this.

Meanwhile, though, it's almost time for Hops in Humboldt, where there's something new to try for every beer fan. I'm especially curious about two Crescent City breweries, Port O'Pints and SeaQuake Brewing, which will be pouring at the festival for the first time. Neither distributes in Humboldt yet, although both hope to, so the Aug. 27 festival in Fortuna will be your first chance to give them a try here at home. Also intriguing and new this year is H2ops, a non-alcoholic, sparkling hop water. Really.

Hops in Humboldt is always too big fully appreciate in just a day; this year, beer wrangler John Taylor expects about 150 different beers and ciders supplied by around 40 commercial breweries and cideries, plus six to 10 homebrewers. (The homebrew often runs out in the first couple of hours, so plan accordingly.) All six Humboldt breweries plan to be there, but Ridge Rd. Brewing, a tiny Southern Humboldt operation that made its debut at last year's Hops in Humboldt, won't be back. It ceased operations earlier this year after running up against permitting and cost issues.

A Date with Beer

Thursday, Aug. 18 through Sunday, Aug. 21: It's community appreciation weekend at HumBrews in Arcata, featuring all-day happy hour discounts on pints and mixed drinks on Saturday and Sunday, plus music on Thursday and Friday.

Saturday, Aug. 27: Hops in Humboldt runs from 1 to 5 p.m. at Rohner Park in Fortuna, with VIP admissions beginning at noon. $35 in advance; $45 at the gate and $75 VIP. Do take transit or travel with a designated driver; you can find safe ways to get there and back on the festival website.

Thursday, Sept. 1: Bring your yeast questions and/or your own homebrew to the regular monthly meeting of Humboldt Homebrewers (now an Ink People project), starting at 7 p.m. in Humboldt Beer Works in Eureka.

Thursday, Sept. 1 through Sunday, Sept. 4: A four-day celebration to mark the fourth anniversary of Humboldt Regeneration Brewery and Farm in McKinleyville kicks off at 7 p.m. Thursday with a small, brewer-led tasting event ($30 tickets; limited to about 10 people). Friday brings the release of a new, aged sour red ale, Saturday a mystery flight night, and Sunday a community potluck, from noon to 7 p.m.

Sunday, Sept 4: Head out to the Mateel Community Center for the SoHum Beer Fest and Barbecue Smoke Off, from 4 to 9 p.m. with unlimited tasting from 10 breweries and a still-growing number homebrewers, plus live music and a barbecue tasters' choice competition. It's not too late to enter your beer or barbecue; phone 923-3368 for details. It's $15 for barbecue and music only; $30 for all that plus beer.

Saturday, Sept. 10; The beer bash vibe moves north to Lost Coast Brewery, with a lawn games, music, food trucks and plenty of beer from 2 to 7 p.m. Food and beer are sold separately at the main event. A $20 VIP ticket gets you a brewery tour, chicken wings and tastes of two specialty beers, including a grapefruit IPA, between 2:30 and 5 p.m.

Tuesday, Sept. 13: Music, comedy and other talents go on display during the employee talent show starting at 6 p.m. at Mad River Brewing.

Friday, Sept. 30: See what one of Berkeley's newest breweries is up to during the Fieldwork Brewing tap takeover at Dead Reckoning Tavern in Arcata. Six different Fieldwork beers will be on tap, and a representative will be on hand to answer questions.

●

Carrie Peyton Dahlberg is having a tough time deciding between Oregon and San Diego for her next beer field trip. Reach her with your brew news at beerstainednotebook@gmail.com.

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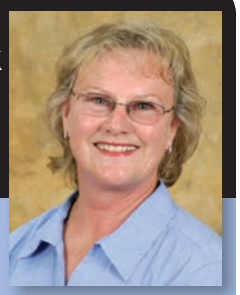
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Marley's Ghosts

At Reggae on the River, visions of Bob and Mary Jane

By Gabrielle Gopinath
artbeat@northcoastjournal.com



Shawn Griggs' 3-D paintings on display in his pop-up gallery at Reggae on the River. *Photo by Erica Botkin*

Dare we consider a festival under the banner of visual art? Reader, in 2016, I think we must. This week let's consider the notable sights from last week's Reggae on the River festival.

This year the festival was graced with an officially designated "Art Cave." The compositions within its precincts were consumed by tightly rendered, densely patterned mats of swirling forms. Palettes skewed day-glow. It was as if all the artists had once been those kids who only liked drawing with the most contemporary crayons in the box, the ones with names like Mango Tango and Jazzberry Jam.

Reggae is a challenging place for an artist's work to get traction, to be sure. The fairway provided a cornucopia of competition in the imagery department, and artists responded by putting on a show. One way to do that was by getting viewers physically involved. Inside the Art Cave, bodies were being painted and glitter tattoos were being applied.

Within the sky-lit confines of Shawn Griggs' pop-up gallery, each painting popped even further when viewed through 3-D glasses. People put the cardboard glasses on and moved back and forth in front of the small paintings as though they were sliding on rails. "This is dope!" one festivalgoer cried.

Mark Henson adopted the on-trend gambit of live painting, working throughout the weekend on a large canvas in public view. On Friday he was painting a spiral. By the time I saw the canvas late Saturday, the snarling features of a lion had been superimposed over a nebula in brown and blue.

Many of the pictures in the Art Cave labored to seduce, aping qualities that paintings do not inherently possess. Paintings were 3-D; they were attached to moving bodies; they happened live. Some artists believe extraordinary measures are needed to meet the attention thresholds of contemporary viewers. After all, the argument goes, today's audiences did grow up mainlining the fire hose of images that is the Internet.

What about the grass roots? Much of the festival's most striking imagery was not being sold as "fine art." Like other festivals, ROTR established a look that unified adherents of the groove. You already know the components of this look, which have scarcely changed over time, although they have evolved new configurations.

Reggae emblems include the palmate marijuana leaf, the likeness of Bob Marley and the red-green-gold color scheme — all three of which were much in evidence. That color triad, by the way, goes back to Marcus Garvey's usage, and it originally meant things: red for the blood of black martyrs, yellow for the wealth of the African motherland, green to represent its natural beauty. However, its contemporary usage in the U.S. often slips sideways, losing the allegory. In Arcata, I've heard houses, cars and apparel described as being "Rasta-colored;" it's a look, an alternative to options like "psychedelic" and "camo." This year's festival could fairly be described as Rasta-colored, in its entirety.

Celebrations of the weed were ubiquitous, with the totemic leaf being sighted innumerable times over the weekend — spangled all over leggings, printed on cargo shorts, chalked by hand on the pylons beneath the concert canopy. Bob Marley's face, while harder to draw freehand, likewise adorned a significant percentage of the tank tops, totes and T-shirts on display. It was so omnipresent as to be neutral. Through decades of reiteration, the artist's face has become more and more familiar, even as it has come unmoored from its original historical context. From what I could discern, today's American consumers may regard Bob Marley as something like a cool friend who is also a beacon of positive righteousness and an ambassador from an exotic culture — a black man whose message of One Love and positive vibes means white people do not find his advocacy threatening.

Marley's image-afterlife paralleled the fortunes of Cuban revolutionary Che Guevara's similarly iconic mug. Both pictures were first wielded in the service of progressive causes but lost their political

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edge when they evolved into brands, finally emerging as international emblems of dissent to be bought and sold. This year's festival prompted the question: How does an icon of dissent adapt to a culture of tolerance?

Reggae fans have been singing along with Peter Tosh for decades now: "Legalize it!" Now that California may be poised on the brink of that achievement, it seems like a good time to ask: Once it's legalized, then what? Bob Marley died 35 years ago, and his heirs' Marley Natural brand is now poised to become a major player in the nascent marijuana-industrial complex. How will we use pictures to represent irie vibrations once we have entered into this novel, non-dissenting cannabis landscape? It's a new world out there, but so far the zeitgeist is finding expression through fresh mash-ups of the same old.

Still, there was no shortage of exciting visual effects. The Mateel Community Center's photo drone productively complicated the concert experience all weekend by beaming performers' images to big screens behind the stage. Musicians performed in front of their own almost-synchronized likenesses, so that at any given moment their bodies might be dwarfed by giant close-ups of their faces seen split seconds before. When pioneer video artists were creating such effects in the 1970s it was avant-garde stuff, and it was trippy to see such complicated time signatures becoming part of the mainstream concert experience.

At the same time, this phenomenon could be construed as more evidence that the artist's role has been redefined. Artists don't generate images anymore so much as they manage them. How familiar pictures are reproduced holds great interest for us now, oftentimes more than the images themselves. What we look for now are the curating, reproduction, remixing and transfer of images we already know. ●

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Welcome to the **13th Annual Hops In Humboldt!** Hops features over 42 of the best breweries from across the country. Try unlimited samples of hundreds of different micro-brews, listen to four bands throughout the day, cruise different art and craft vendors, play beer games, eat amazing festival foods and vote for the **"Taster's Choice" award.**

Hops quick tips! **Taps:** Open from 1 to 5 p.m. **Pours:** They are small for a reason. If you sample every beer, that would equate to over 34 pints. Pace yourself. **Lines:** They look long because people get their sample, then hang out, drink and bullshit. Nicely ask them if they're in line. Most people will realize they are in the way and move. **Lost or broken glasses:** We don't give replacements and don't want to hear your sob story. **Water:** It's free ... drink it. **No Refunds:** Don't show up 15 minutes before taps close and complain you didn't get enough beer. **Smoking:** Only do it in the smoking areas. **If you're drunk: DON'T DRIVE!!!**

HOPS in HUMBOLDT 2016 COMMITTEE



JOHN TAYLOR
Beer King who makes shit happen
(Beer, Tickets, Crappers)



TINA TAYLOR
Queen "Bee"r
(Hops Prez, Event Coordinator)



MELISSA SANDERSON
The Judge-mental Marketeer
(Marketing, Judging)



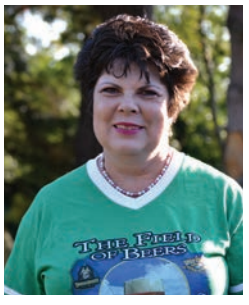
JERE COX
VIP Brewologist
(VIP, Homebrewers)



MICHELLE BISHOP
Beat Bumpin' Band Biatch
(Music)



KEVIN JOHNSON
The Welcome Wagon
(Hospitality Tent)



SUE LONG
Gate Keeper
(Front Gate)



MARISSA BOURNE
Gamer Gal
(Games)



KYLE GRAY
Jack of all Designs
(Web Design, logos, etc.)



TAMI TRENT
Vivacious Volunteer Gal
(Volunteers)



MISTY WILLBURN
Hops Gear Boss
(Merch)



KATHY REXFORD
The Handy Helper
(Rover)

THE HISTORY

The story started 13 years ago when a small group of directors were trying to decide on a new event for Fortuna with a $1,000 grant provided by the Fortuna Business Improvement District. It took two years of planning, organizing and research. Fortuna Rotary and ESA offered to sponsor the event and Hops in Humboldt was born. The very first Hops event was held in 2004, in a small beer garden between the two playgrounds at Rohner Park. There were 10 breweries at best; all of our local breweries plus a few more from Northern California. It had a bluegrass theme with local bands and some random vendors.

As the event progressed throughout the years more breweries were added. Mixed genres of music became the norm, the Hops beer games and the Hops awards were born. Local homemade food and vendors started to make the event more unique. Partnerships with transportation companies were formed to provide safe transportation alternatives for attendees. The end of year five saw elbow-to-elbow room only in the festival and it was evident the festival had outgrown its location. In year six Hops decided to make the move off the green grass of Rohner Park to a larger home and current location on Bartow Field. That year Hops also started the process of shedding its sponsors and filed the paperwork to become its own nonprofit organization.

With a board of directors and a dedicated beer-loving committee that works year-round, Hops in Humboldt is bigger and better than ever!

Hops has proudly taken in hundreds of thousands of dollars in event income. The majority of our budget is put back into the community and spent with local businesses to make the event happen.

100 percent of the proceeds are given back to local groups each year who fall under our grant categories. To date over $350,000 in grants have been awarded to schools, youth groups, sports, senior services, drug and alcohol prevention and community projects.

Thank you for your support and sacrificing your sobriety in the name of community service! We hope you have a great time and enjoy the 13th annual Hops in Humboldt.

HOPS PROCEEDS WHERE DOES THE MONEY GO?

So, you come to Hops, shell out $35-$75 to get in and there are thousands of people there. They sell Hops gear and have games. Who gets the money? Hops in Humboldt Inc. that's who. Most folks don't know but we are a registered 501c3 nonprofit corporation. We have a board of directors, bylaws, website and everything. Through a grant process we distribute our proceeds to a variety of Humboldt County organizations that fall within five categories: schools, youth activities, senior programs, municipal programs, and drug and alcohol prevention. Anyone falling within one of these five categories is welcome to submit a grant application to Hops. Check out our website for details and our downloadable grant form. To date, Hops has granted over $350,000 to many local groups. Now that you know the whole truth, you can enjoy your beer that much more knowing your money is headed to a better place.

2015 GRANT RECIPIENTS

Clarke Historical Museum **$1,000**

Toddy Thomas Middle School **$2,000**

Veterans Hall of Fortuna **$3,500**

Mad River Community Veterans Honor Guard **$1,000**

Soroptimist International of Eel River Valley **$1,000**

Fortuna Senior Center **$2,928**

CASA of Humboldt **$1,000**

Fortuna Sunrise Rotary **$2,650**

Ambrosini Elementary School **$2,000**

AC Samoa Soccer **$2,000**

Redwood Preparatory Charter School **$1,480**

South Fortuna Elementary School **$1,000**

Cub Scout Pack 4047 **$1,000**

Boy Scout Troop 1047 **$1,000**

Humboldt Senior Resource Center **$2,948**

Fortuna High School Academic World Quest **$1,000**

Breast and GYN Health Project **$900**

Ink People, Inc. **$500**

Humboldt Sponsors **$500**

Eel River Multigenerational Center **$1,000**

Redwood Coast Montessori **$1,572**

Southern Humboldt 76ers **$500**

Ferndale Community Tennis Association **$500**

Beta Zeta **$500**

Fortuna Middle School **$1,000**

St. Joseph Pantry Shelf **$1,000**

Fortuna Garden Club **$2000**

Fortuna High Every 15 Minutes **$3,500**

City of Fortuna **$3,500**

2016 HOPS in HUMBOLDT

BREWERY LOCATIONS

BREWERS AREA 1
(1st Base)
-Sierra Nevada Brewing Co.
-Anchor Brewing
-3rd Street Aleworks
-Firestone Walker Brewing Co.

BREWERS AREA 2
(Outfield - Left)
-Lost Coast Brewery
-Redwood Curtain Brewing Co
-Angry Orchard Ciders
-Mad River Brewing Co.
-Bear Republic Brewing Co.
-Lagunitas Brewing Co.
-Moylans Brewing Co.
-Rogue Brewing Co.
-Stumptown
-Mikes Hard Lemonade
-21St-Amendment

BREWERS AREA 3
(3rd Base)
-Ninkasi Brewing Co
-North Coast Brewing
-Two Towns Ciderhouse
-Eel River Brewing Co.
-Humboldt Regeneration
-Sudwerk
-Knee Deep Brewing Co.
-Six Rivers Brewing Co.

BREWERS AREA 4
-Brandon Merrill
-Shin Sati
-Mike Miller
-Ezra Thomas

NEW BREWERS TO LOOK FOR IN 2016:
Seaquake Brewing
St. Florian's Brewery
Speakeasy Ales & Lagers
Mendocino Brewing
Founders Brewing Co.
Oskar Blues
Port o'Pints Brewing Co.
Deschutes Brewery
Ace Cider
H2Ops Hop Water (Non Alcoholic)
Fall River Brewing Company
Sonoma Cider
Full Sail
Small Town Brewery *"Not Your Fathers Root Beer"*
Woodchuck Ciders
Wyders Ciders
Modern Times
Hop Valley Brewing
Ballast Point Brewing Co

HOPS 2016 MAP

Rules To Live By
(if you want to drink)

This is a 21 and over event, no exceptions, i.e., no children, not even babies. $45/Ticket, $10/Non-Drinkers

No refunds and no replacements on glasses. No exceptions!

No cats or dogs allowed.

Please use designated smoking areas only and keep your WEED in your pocket!

No smoking grass here, it's a beer fest, not a bud fest.

Crappers

General Parking

Handicapped Parking

Cher Ae Heights Casino booth. Games and free water.

PLEASE don't drink and drive!!! Catch a ride with the Redwood Transit System. Bus departs promptly at 5:30 p.m.



2016 BREWERIES MAP

2016 HOPS in HUMBOLDT

HOPSINHUMBOLDT.COM



Humboldt Regeneration
2320 Central Ave. Unit F
McKinleyville, CA 95519

Redwood Curtain Brewing
550 S G St. #6
Arcata, CA 95521

Lost Coast Brewery & Café
617 Fourth St.
Eureka, CA 95501

Eel River Brewery & Restaurant
1777 Alamar Way
Fortuna, California

Mad River Brewing
101 Taylor Way
Blue Lake, Ca 95525

Six Rivers Brewery & Restaurant
1300 Central Ave.
McKinleyville, CA 95519

EVENT LINE UP

11:30 am
Gates Open to VIP Only

1 pm
General Admission gates
open Taps open

1-2 pm
April Moore &
the Ranch Party

2:30-3:45 pm
Angels Cut

4-4:30 pm
Awards

4:30-6 pm
7th St. Band

4:45 pm
Last Call

5:00 pm
Taps Close

FOOD VENDORS

ESA - Indian Tacos
La Chiquita - Mexican Food
Z&A Sandwiches
Humboldt Smokehouse
Retro Wagon - Garlic fries
Nourish Bistro
Pizza Gago - Wood Fired pizza



2016 HOPS AWARDS
CUSTOM AWARDS BUILDER
BY MAD METALS
1022 N. ST., FORTUNA, CA 95540

GAMES

Are you the DD and want to pass some time? Maybe you need a break between beers so your head can stop spinning! Or you just want to see which one of your friends has the highest BAC. Just come on down to the games booth. You can play our new D-R-I-N-K-O game. Drinko is just like Plinko, simply more fun because it's beer themed. Show your friends you're not that drunk by winning at Ring Toss. Or you can get rid of some spare change and win some prizes with our Coin Toss. Perhaps you're too tipsy for any of these games ... you can always spin our prize wheel. We have two breathalyzers this year with Hops stickers so you can record your BAC. All games are a dollar except the Coin Toss which is only coins. The games booth is located next to the merchandise booth in the middle of the field.



HOPS in HUMBOLDT

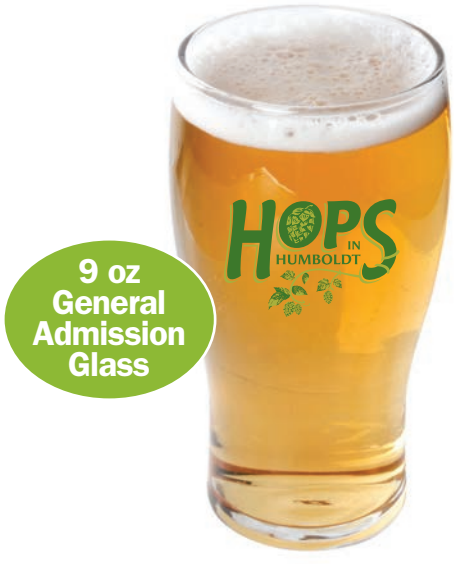
TICKETS ON SALE

Get your tickets early and help us welcome over 35 breweries and home brewers!

Pre-Sale General Admission - $35

Tickets Available At:

Six Rivers Brewery, Mad River Brewing Co., Redwood Curtain, The Northcoast Co-Ops, Lost Coast Brewery, The Local, Humboldt Beer Works, Eel River Brewery, Fortuna Chamber of Commerce, Humboldt Threads and Beverage Plus.



General Admission
Tickets at the Gate - $45

VIP TICKETS - $75

VIP gets you an hour early of drinkin', a special VIP [illegible]ss, VIP badge and lanyard, VIP cloth wrist[illegible]nd, [illegible]r [illegible]ss [illegible]rier, VIP snack and [illegible]ccess to [illegible]e VIP f[illegible]ng p[illegible]y [illegible]d [illegible]ning hot water!!

Sold Out

[illegible] Tickets Available at:

[illegible]he Northcoast Co-op Arcata, The Local & Beverage Plus



SHUTTLE SERVICES

Whether this is your first Hops in Humboldt experience or you are a seasoned veteran beggin' for another headache, we hope you have fun and play it safe by drinking responsibly. It's easy to feel like a kid at Disneyland with so many choices and before you know it those little samples sneak up on you. Hops in Humboldt offers free shuttle service to five locations throughout Fortuna. Redwood Transit Systems offers bus service from Fortuna to McKinleyville for $3. If you leave your car, no worries, we won't tow it! Get home safely and come get it later. Don't turn your good time into a DUI. Hey, no lectures, us Hops folks are just sayin'.

FORTUNA SHUTTLE LOCATIONS AND TIMES

Don't miss the Hops Shuttle!
Hops Fortuna Shuttle will drop you off at 1 of 5 locations around Fortuna for FREE!

	Round 1	Round 2	Round 3
Rohner Park	5pm	5:55pm	6:50pm
Redwood Village	5:10pm	6:05pm	7pm
Rohnerville 76	5:15pm	6:10pm	7:05pm
Campton Heights	5:25pm	6:20pm	7:15pm
Hotels (Riverwalk)	5:35pm	6:30pm	7:25pm
High School	5:45pm	6:40pm	7:35pm

HOPS IN HUMBOLDT

BUSINESS SPONSORS:

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insider
HUMBOLDT'S SEASONAL VISITOR GUIDE

North Coast journal
of Politics, People and Art

POWER 96.3 KFMI FM

Mix Soft Rock 95.1

KSLG
New Bands | New Songs | New Sounds
93.1|94.5

23 NorthCoast NEWS 28

BIG RED COUNTRY
BIG RED COUNTRY
KRED 92.3 FM

THE EDGE 106.7
ROCKS THE REDWOODS

KKHB-FM
COOL 105.5

NEWS CHANNEL 3

TAKE IT WITH YOU
ESPN RADIO 1340

99.1 KISSFM
Humboldt's Hit Music Channel

KHUM
104.7FM · 104.3FM

KWPT the POINT
100.3 · 102.7
THE BEST ROCK 'N' ROLL OF ALL TIME, ALL THE TIME

95.5 The Bay
90's 2K and Today

Arcata Store
8th & I Streets, Arcata, CA 95521
(707) 822-5947

Eureka Store
4th & B Streets, Eureka, CA 95501
(707) 443-6027

Hours Open daily from 6am to 9pm

NORTH COAST CO-OP

Co+op Basics are a variety of items that are offered at an everyday low price. For pantry staples like beans, pasta, rice, coffee, bread, milk, cereal, oils, sauces, seasonings, and more, look no further than the Co+op Basics signs throughout the store. Added bonus: many of these items are Certified Organic!

Want to give the gift of delicious, wholesome, affordable food? Pick up refillable North Coast Co-op Gift Card, and add funds to it any time in store or over the phone.







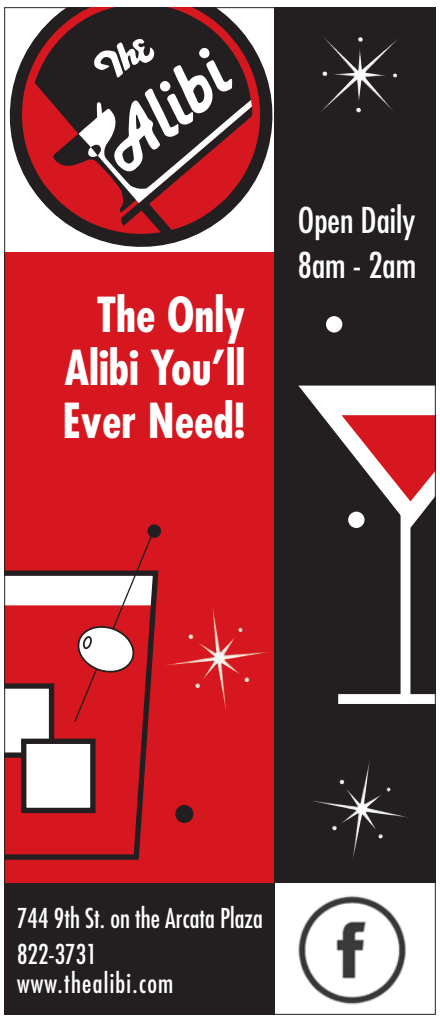






co+op deals

Fresh savings every Tuesday—see our sales flyer in stores and online!



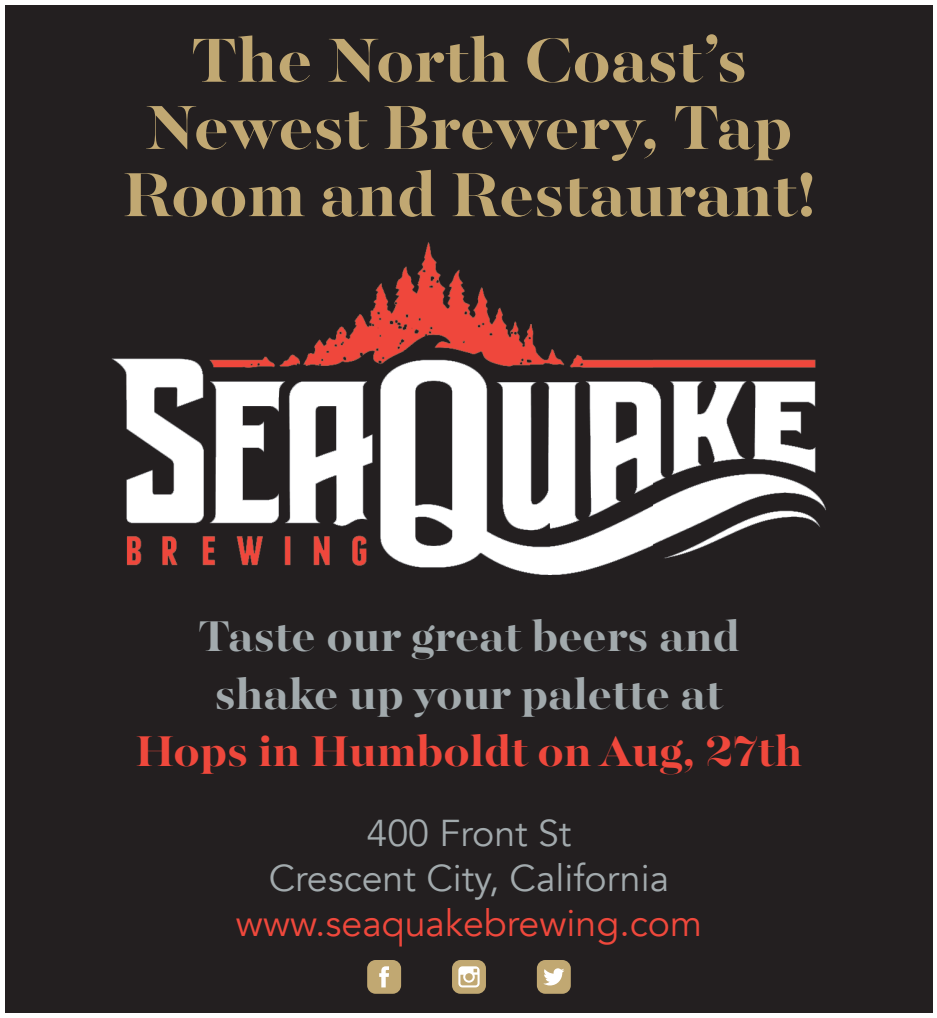
Live Entertainment Grid

Music & More

ARCATA & NORTH

VENUE	THUR 8/18	FRI 8/19	SAT 8/20	SUN 8/21	M-T-W 8/22-24
THE ALIBI 1251 Ninth St., Arcata 822-1575			Gabe Rozzell, Billy Cook 11pm Free		
ARCATA PLAYHOUSE 1251 Ninth St. 822-1575	*The Secret Life of Spantsa* (theater) 8pm $10 donation	De Temps Antan (folk trio) 8pm $20, $18			
ARCATA THEATRE LOUNGE 1036 G St., 822-1220		*Tekkonkinkreet* (film) 8pm $5	Dezarie (roots reggae) 9pm $25, $20 advance	*Hoot* (film) 6pm $5	[W] Sci-Fi Night ft. *Flash Gordon* (film) 7:30pm Free w/$5 food/bev, All Ages
BLONDIES 822-3453 420 E. California Ave., Arcata	Open Mic 7pm Free			Jazz Jam 6pm Free	[M] Trivia Night 7:30pm Free [W] Local Music Showcase 7pm Free
BLUE LAKE CASINO WAVE LOUNGE 668-9770 777 Casino Way	Karaoke w/KJ Leonard 8pm Free	Dr. Squid (rock, dance) 9pm Free	Eyes Anonymous ('80s hits) 9pm Free	Karaoke w/KJ Leonard 8pm Free	
CENTRAL STATION 839-2013 1631 Central Ave., McKinleyville	Open Mic w/Jimi Jeff 8pm Free	Karaoke w/Rock Star 9pm Free			
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 677-3611 27 Scenic Drive, Trinidad		Doug Fir & the 2X4s (classic rock) 9pm Free	Dr. Squid (dance, rock) 9pm Free	Karaoke w/DJ Marv 8pm Free	[T] Karaoke w/DJ Marv 8pm Free
CLAM BEACH TAVERN 839-0545 4611 Central Ave., McKinleyville	Legends of the Mind (blues, jazz) 6pm Free	Kindred Spirits (bluegrass) 10pm Free			[M] Savage Henry Stand up Open Mic 9pm Free [W] Pool Tournament & Game Night 7pm Free
CRUSH 825-0390 1101 H St., Arcata	Thursday Trivia Night 8pm Free				
FIELDBROOK MARKET & EATERY 4636 Fieldbrook Road, 839-0521		Peach Purple (funky jazz) 7:30pm Free			
HUMBOLDT BREWS 856 10th St., Arcata 826-2739	Elevate, KMLN, Marjo La, Skinny P, Joe E (DJ music) 9pm $10	Cold Blue Water, The Non Prophets (blues, rock) 9:30pm $5			
THE JAM 915 H St., Arcata 822-4766	Storytime DJ Collective 10pm TBA	Money (Pink Floyd tribute) 9pm $5	Raashan Ahmad, Object Heavy (hip-hop, funk) 9pm $15	Deep Groove Society presents SUNDAZE (EDM) 10pm $5	[T] Savage Henry Comedy 8pm $5 [W] Jazz at the Jam 6:30pm Free The Whomp (DJs) 10pm $5
LARRUPIN 677-0230 1658 Patricks Point Dr., Trinidad		Blue Lotus Jazz 6pm Free			[W] Aber Miller (jazz) 6pm Free



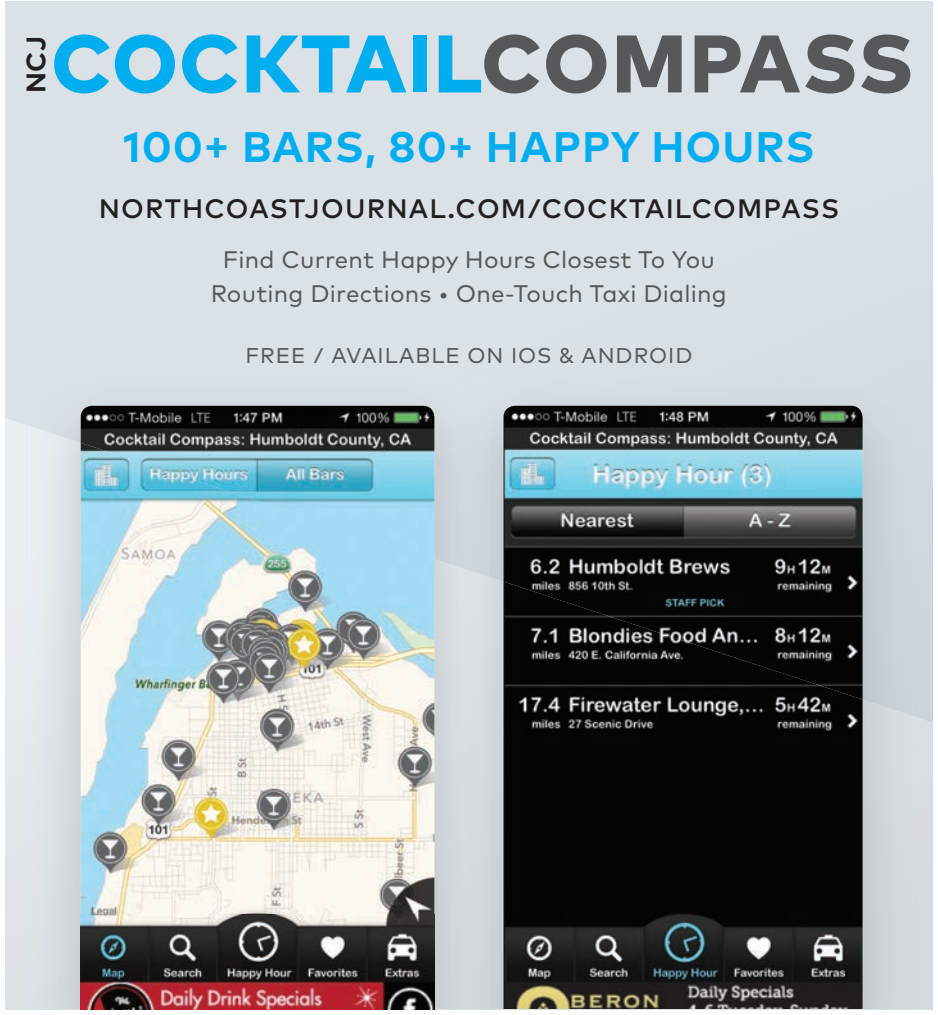


Arcata • Blue Lake •McKinleyville • Trinidad • Willow Creek *Eureka and South on next page*

VENUE	THUR 8/18	FRI 8/19	SAT 8/20	SUN 8/21	M-T-W 8/22-24
LIBATION 761 Eighth St., Arcata 825-7596	Claire Bent (jazz) 7pm Free	Jason Hall & Kris Angelman (guitar/bass) 7pm Free	Jim Silva (guitar) 7pm Free		[T] Buddy Reed (blues) 7pm Free
LIGHTHOUSE GRILL 355 Main St., Trinidad 677-0077				Tony Roach (standards) 5pm Free	
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake	Trivia Night 8pm Free	Kindred Spirits (bluegrass) 9pm Free	Wild Otis (Neil Young tunes) 9pm Free	Potluck (food) 6pm Free	
MAD RIVER BREWING CO. 101 Taylor Way, Blue Lake 668-5680	The Compost Mountain Boys (bluegrass) 6pm Free	Cadillac Ranch (country rock) 6pm Free	Opera Alley Cats (jazz) 6pm Free	Big Day Out (LGBT event) w/ DJ Goldylocks 1pm-5pm	[T] Roland Rock (original surf) 6pm Free [W] RLA Jazz Trio 6pm Free
THE MINIPLEX AT RICHARDS' GOAT 401 I St., Arcata 630-5000	*Wiener-Dog* (film) 8pm $8 Cheena, Sister Mantos, Chini (live music) 10pm $5	*Microbe & Gasoline* (film) 7pm $8 *Hunt for the Wilderpeople* (film) 9pm $8	*Life, Animated* (film) 4pm $6.50 Danni El, Corwin Bolt, Calamity, Insects on the Bough (live music) 7pm $5, Moon Cycles After Party 10pm donation	*Microbe & Gasoline* (film) 4pm $6.50 *Hunt for the Wilderpeople* (film) 6pm $8 6pm $8 Karaoke 10pm Free	[M] *Wiener-Dog* (film) 8pm $8 [T] Zig Zags, Nipplepotamus (metal, rock) 9pm $5 [W] *Hunt for the Wilderpeople* (film) 7pm $8
NORTHTOWN COFFEE 1603 G St., Arcata 633-6187		Open Mic w/Jeremy Bursich 7pm Free			[T] Human Expression Open Mic 7pm Free
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad					[M] Dancehall Mondayz w/Rudelion 8pm $5
PLAZA GRILL 826-0860 780 Seventh St., Third Floor, Arcata	Level Up! w/Jaymorg & DJ Chillwill 10pm $5				
REDWOOD CURTAIN BREW 550 S G St. #6, Arcata 826-7222	Rich Russell, Longriver, Travis Champ (songwriters) 8pm Free	Lovebush (funk) 8pm Free	Out to Lunch - "Uptown 6" Record Launch Tour (jazz) 8pm Free		[M] Bingo 7pm Free [T] For Folk Sake (folk) 7pm Free
THE SANCTUARY 1301 J St., Arcata 822-0898		The World's Finest Apples (eclectic jazz, folk) 8pm $5-$20 sliding			
SIDELINES 732 Ninth St., Arcata 822-0919	DJ Ray 10pm TBA	DJ Ray 10pm TBA	DJ Tim Stubbs 10pm TBA		
SIX RIVERS BREWERY 839-7580 Central Ave., McKinleyville		Tom Gibson & The Euphoria (indie rock) 9pm Free	The Yokels (rock and roll) 9pm Free	Trivia Night 8pm Free	[M] Karaoke w/DJ Marv 8pm Free
TOBY & JACKS 764 Ninth St., Arcata 822-4198		Masta Shredda 10pm Free	DJ Ray 10pm Free		[T] Bomba Sonida w/DJ Pressure 10pm Free [W] Reggae w/Iron Fyah 10pm Free
WESTHAVEN CENTER FOR THE ARTS 501 S. Westhaven Drive 677-9493		Blues Night ft. the Jim Lahman Band 7pm $5-$10 sliding	*The Secret Life of Spantsa* (theater) 8pm $10 donation		

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(across from HC Court House)







Live Entertainment Grid

Music & More

EUREKA & SOUTH

Arcata and North on previous page

Eureka • Fernbridge • Ferndale • Fortuna • Garberville • Loleta • Redway

VENUE	THUR 8/18	FRI 8/19	SAT 8/20	SUN 8/21	M-T-W 8/22-24
BANANA HUT 621 Fifth St., Eureka 443-3447		Latino Night with DJ Pachanguero 10pm Free			
BAR-FLY PUB 91 Commercial St., Eureka 443-3770		Bar-Fly Karaoke 9pm Free	DJ Saturdays 10pm Free		[W] Bar-Fly Karaoke 9pm Free
BEAR RIVER CASINO HOTEL 11 Bear Paws Way, Loleta 733-9644	Karaoke w/Casey 8pm Free	NightHawk (pop, rock, dance) 9pm Free	The Roadmasters (country) 9pm Free		
BENBOW INN 445 Lake Benbow Drive 923-2124	Paco Martin and Friends (Latin music) 6pm Free	Paco Martin and Friends (Latin music) 6pm Free			[T, W] Paco Martin and Friends (Latin music) 6pm Free
C STREET MARKET SQUARE Foot of C Street, Eureka	LC Diamonds ('50s and '60s) 6pm Free				
CALICO'S CAFE 923-2253 808 Redwood Drive, Garberville			Frisky Brisket (violin, guitar) 7pm Free	Jen Tal and The HuZBand (acoustic duo) 6:30pm Free	
CHAPALA CAFÉ 201 Second St., Eureka 443-9514		Live Music 6pm Free	Live Music 6pm Free		
CURLEY'S FULL CIRCLE 460 Main St., Ferndale 786-9696					[W] Open Mic Night 7pm Free
EUREKA INN PALM LOUNGE 518 Seventh St., 497-6093	Brian Post (jazz) 8pm Free	Cliff Dallas & the Death Valley Troubadours (outlaw country) 9pm Free	Camanche Joey (blues, rock) 9pm Free		[M] Maui Monday (Hawaiian music) 7pm Free [T] Anna Banana (blues) 8pm Free [W] Comedy Open Mikey 9pm Free
EUREKA THEATER 612 F St. 442-2970		*Rear Window* (film) 7:30pm $5	Va Va Voom's Hot Topless Nights (burlesque) 8pm $25-$12		
FERNBRIDGE MARKET RIDGETOP CAFE 786-3900 623 Fernbridge Dr., Fortuna					[M] Open Mic 5:30pm Free
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Irish) 6pm Free	Papa Paul (folk) 6pm Free			
GARBERVILLE THEATER 766 Redwood St. 923-3580				Open Mic 7pm $5	[T] Open Mic 7pm $5
LIL' RED LION 1506 Fifth St., Eureka 444-1344			Karaoke 9pm Free		
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600	Open Mic w/Mike Anderson 7pm Free	Buddy Reed and Raia Ryan (blues) 7pm Free			









The World's Finest Apples,
Friday, Aug. 19 at 8 p.m.
at The Sanctuary
($5-$20 sliding)

VENUE	THUR 8/18	FRI 8/19	SAT 8/20	SUN 8/21	M-T-W 8/22-24
PEARL LOUNGE 507 Second St., Eureka 444-2017	DJ Pressure (DJ music) 9pm Free	Dub Cowboy (DJ music) 10pm Free	Fuego Gabe Pressure (DJ music) 10pm Free		
PERSIMMONS GALLERY 1055 Redway Dr., Redway 923-2748	April Moore and Tony Nester (country) 7:30pm Free	Dynasty One (reggae, hip-hop) 7:30pm Free			[W] Open Mic w/Tammy Scheffer, Elsa Nilsson 7:30pm Free
SHAMUS T BONES 1911 Truesdale St., Eureka 407-3550			Tony Roach (standards) 6pm Free		
SHOOTERS OFF BROADWAY 1407 Albee St., Eureka 442-4131				Sonido Panchanguero 9pm Free	
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244		The Eureka Pizza Council (jazz) 8:30pm Free	Buddy Reed and the Rip It Ups (blues) 10pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] No Covers and Ultra Secret (jazz) 7pm Free
STONE JUNCTION BAR 744 Redway Dr., Garberville 923-2562	Upstate Thursdays (DJ music) 9pm TBA	Lacy Redhead w/Mr. Rankin and Rusty Bones (roots reggae) 9pm TBA	Love and The Zealous (soul, rock) 9pm TBA		[M] Pool Tournament 8:30pm $10
TIP TOP CLUB 6269 Loma Ave., Eureka 444-2244				Night Moves at Club Expression (DJ music) 9pm Free	[M] Electric Mondays at Club Expression (DJ music) 9pm Free
VICTORIAN INN RESTAURANT 400 Ocean Ave., Ferndale 786-4950		Jeffrey Smoller (solo guitar) 6pm Free			









De Temps Antan play Arcata Playhouse Friday at 8 p.m.
Courtesy of the artists

Hot August Nights

Kneel before the Neils

By Andy Powell
thesetlist@northcoastjournal.com

There are two Neils near and dear to my musical heart. The first I would hear cranking out of my father's car when my sister and I were small. I have vague memories of him singing along to certain songs loudly, which implied that these were damn fine songs. The second Neil I didn't really get into until my high school years, and at that point I felt it wise to hide my Neil #1 fandom in the rare event a girl wanted to talk to me. In my later musical life, I would learn and cover many of The Neils' songs to occasionally lukewarm applause around Humboldt (even going so far as wearing a blue sequined shirt in public, and then later, flannel). The Neils I speak of are of course the Diamond and the Young, and at first listen, couldn't sound more different. I won't go so far as to say that they are incredibly similar ("Song Sung Blue" vs. "Cowgirl in the Sand," for example), however, when you pop the hood open and start looking at the songwriting and craft behind much of their work, you'll find familiar techniques. You may fancy one over the other or, like me, both, but it's hard to deny that they're both masters of their craft. I can't tell you that either Neil is coming to Humboldt this weekend (or anytime) but I can tell you that you've got some great options to celebrate and enjoy their music with your neighbors. So whether you'll be Rocking in the Free World or going to Brother Love's Traveling Salvation Show, enjoy and read below for more information on getting your Neil fix here locally.

Thursday

It's opening night of the 120th Humboldt County Fair in Ferndale tonight. So what goes better with amusement rides, hot dogs, chili and horse races than Neil Diamond? The correct answer is **Super Diamond** (as Neil probably isn't playing county fairs these days). I've heard these guys are the real deal. Despite the perceived glitz and glam of the Diamond world, the guy can write a goddamn song ("I Am, I Said," "Holly Holy," "Kentucky Woman," "Solitary Man" and "Shilo," just to name a few), so duck your cowboy hat and shuffle your shit-kickers over to the grandstands around 7 p.m. to hear the songs of the Hebrew Elvis for only $8 tonight. Just remember, the words "they're coming to America" weren't always considered a bad thing. Thursday's still hoppin' with electronic music going late at Humboldt Brews in Arcata at 9 p.m. Monthly project *Elevate* brings you a "shapeshifting duo," which is one part Italian and one part Canadian **KMLN** from Berlin. Now I'm told that "KMLN" is to be pronounced "chameleon," which is cool but I then have to wonder why one would willingly choose a name that requires a pronouncinatory explanation (maybe there was already an electronic band called Chameleon?). Anyway, special guests for this $10 show are the more easily pronounced local spinners **DJ Marjo Lak**, **Skinny P.**, and **Joe-e.** The party continues at the Plaza Grill in Arcata with the *Level Up Dance Party,* which will provide "funky dance music, great atmosphere and strong drinks" starting at 10 p.m. with **Jaymorg** and **DJ ChillWill** who will be providing modern boogie, electro funk and old school classics for only $5 tonight.

Friday

If you're into multi-platinum Québec folk bands, then you should head over to the Arcata Playhouse tonight at 8 p.m. **De Temps Antan** is a "trad triad," as I'll call them. Although far less familiar with Canadian music than the Playhouse is, I'll let you know that this "high energy, hot-fingered" band has some serious fiddle, accordion and guitar playing going on. It's $20 for this Canuck musical experience. At Humboldt Brews tonight and as part of "Community Appreciation Weekend," rock shredders **Cold Blue Water** and **Non-Prophets** play around 9 p.m. Only $5 will get you in the door, and bring some more for Hum Brew's new full bar. At the same time in Eureka, you'll find Mojave country rockers and "local cowpokes" **Cliff Dallas & The Death Valley Troubadours** peddling their sonic version of the desolate desert life for free. Joining them is Humboldt's favorite space cowboy **Mister Moonbeam** and all this trippy tree-a-treein' tunes.

Saturday

It's a weekend celebration of the Neils in Humboldt (sorry Sedaka, you'll have to wait your turn). You fans of Ol' Shakey best be heading to the Logger Bar in Blue Lake tonight as you've got a rare treat waiting for you. Local rockers **Wild Otis** are going to be playing nothing but songs penned by Neil Young. Now I'm not sure what the setlist is going to be but if I had to guess, you might hear one or two from the Buffalo Springfield days, then a bit from Neil's folky period and then a good helping of the sweaty, nasty and beautifully broken Crazy Horse days. Regardless, you'll be in for a hell of a time. It's a free show starting around 9 p.m. and feel free not to be the wise-ass who requests something off of *Trans*. A little later you'll find **Gabe Rozzell** at The Alibi in Arcata with ex-.357 String Band member **Billy Cook** starting things off around 11 p.m. I'm hearing from Ian that this one's a free show, so take advantage.

Tuesday

You've got two good options for your Tuesday night music scene plans. Starting early at 6 p.m., you can catch local "original weird surf and instro sound" guy **Roland Rock** who's playing for you for free at the Mad River Brewery Tasting Room. A little later for $5, Los Angeles-based "bone-head savants" **Zig Zags** are hitting The Miniplex at Richards' Goat Tavern and Tea Room around 9 p.m. With a pretty good press release in tow, these fellas "are no-nonsense '80s-style thrash with a magpie eye for deep-fried pop culture detritus. These guys give so few fucks while they are out ripping faces that it's tough to say much about them that hasn't been said before — they shred so that we may raise beers in non-ironic salute to their Voivod worship, to a world in which young heshers subscribe to Heavy Metal and practice early Slayer solos while watching daytime TV, to wake and baking as you watch the world burn." So I'll leave it at that. ●

Full show listings in the Journal*'s Music and More grid, the Calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to* music@northcoastjournal.com.

Andy Powell is a congenital music lover and hosts The Night Show on KWPT 100.3 FM weeknights at 6 p.m. He still hopes The Neils will form a supergroup.

Calendar August 18 - August 25, 2016



Submitted

Taking America back to the 1950s is at best a flawed plan, unless we're talking about the **Va Va Voom's Hot Topless Nights** at the **Eureka Theater** on **Saturday, Aug. 20** at **8 p.m.** ($15, $12 advance, $25 premiere, $20 premiere advance). Miss Humboldt Burlesque 2015 Lady Satan joins Cyanide Cyn and Caramel Knowledge for vintage vamping to Make America Blush Again.



Rear Window

Jimmy Stewart, with the help of his camera, a pair of binoculars and voyeuristic curiosity, gets a leg up on a possible murder going down in the apartment building across from his in Hitchcock's critically acclaimed thriller ***Rear Window*** showing **Friday, Aug. 19** at **7:30 p.m.** at the **Eureka Theater** ($5). The nosy folks here at the *Journal* host.



Submitted

A salmon festival with no salmon? Say it isn't so. While this year's **Klamath Salmon Festival**, **Aug. 20** from **7:30 a.m.** to **4 p.m.** at the **Yurok Tribe Headquarters** (free) may not be serving the fabulous fish as a meal, it certainly celebrates the cultural bounty of the Klamath River with cultural demonstrations, vendors, a classic car show, kids' area, live music, a parade, games and delicious food.



Photo by Grant Scott-Goforth

Summer School

Nothing says summer like a county fair — that once-a-year party stretching out over a week or two and making for one of the best family staycations. With its timeless feeling, familiarity and fun, the county fair is where we come together to let loose, eat up and take in the best of our community.

The **120th annual Humboldt County Fair**, "One for the Books," honoring excellence in education, is back **Aug. 18** to **28**, at the **Humboldt County Fairgrounds**, with everything you could want in an old-fashioned fair. A carnival, horse racing, animal and art exhibits, shows, stunts, music and more ($8 adults, $6 seniors, $4 kids 6-12).

Kicking off the party are the **Opening Ceremonies Aug. 18** at **11 a.m.** followed by the sparkle of **Super Diamond**, a Neil Diamond tribute band (with a local on vocals) at **7 p.m.** ($8, $6, $4) — **Doug Fir and the 2X4s** open for the band at **5 p.m.** Don't miss other events like **Hispanic Heritage Day, Aug. 21**, with the **Lucha Libre wrestlers** featuring the flying ferocity of local wrestler Rocket Boy Brett Walters, and **Sheepdog Trials** in the covered arena at **1 p.m.** Kids 12 and under get in free on **Kid's Day at the Fair**, **Aug. 22,** and **Battle of the Bands** rocks the **midway stage** on **Aug. 23** at **7 p.m.**

Keep your eye out for his trademark hair — chef Guy Fieri heads up the **Surf and Turf BBQ Contest** in the **grandstands** on **Wednesday**, **Aug. 24** from **11 a.m.** to **6 p.m.** (we hear there's a meet and greet with Guy at the **BBQ Post Party**). **Thursday, Aug. 25** sees all the **Bull-O-Rama** action starting at **5 p.m.** with kid's activities, and live bull and bronc riding at **7 p.m.** ($8, $6, $4 for kids).

Throughout the day, in **Friendship Square** and around the grounds, watch performances by magicians **Mark Bennick** and **Mark Kornhauser**, and a high diving and acrobatics show by **Aquabatics**.

Of course, there are all the food trucks, rides, exhibit halls and live bands, too. Check www.humboldtcountyfair.org for complete schedule and special pricing. Carnival ride passes are $35 and parking is $5 per vehicle.

— Kali Cozyris



Submitted

They Come in Peace

Once a year, on a bridge 45 feet above a river in a small town 25 miles from the bright lights of Fortuna, earthlings and aliens converge for a celebration and friendly competition. They've been putting aside their genetic differences and embracing their universal commonalities for the last 20 years. (Has it really been 20 years? Anyone else experiencing missing time?)

The Annual **BridgeFest and Flying Saucer Contest** in **Bridgeville** happens this **Saturday, Aug. 20** from **10 a.m.** to **5 p.m.** (free). The out-of-this-world festival, where being crowned "Biggest Dirtbag" (at the **dirtbag muster**) is an honor and competitors fling their creations off the bridge for the famous **Intergalactic Flying Saucer Trials**. Lining the old bridge are more than 30 **vendor booths** filled with arts, crafts and souvenirs. And attendees can tune their antennae to live music from **Melange, Attila and Friends, Stillwater, Knights of the Van Duzen** and more.

There's the popular "My Favorite Alien" **costume contest**, a **benefit raffle** with astronomical prizes, a **Dutch raffle** and a homemade **quilt raffle** featuring a colorful alien-themed quilt. Kids will be hoppin' at the **Kidz Zone** with its inflatable jump and obstacle course. And, of course, there will be delicious treats to bring all the aliens to the bridge: **berry pies, baked goods** and the **Fireman's Barbecue** serving up burgers, chicken and pulled pork.

This full day of fun, which organizers call "a stationary kinetic sculpture race that takes place on a bridge," is a pretty cool thing to behold. So point your craft toward Bridgeville and help them celebrate two decades of keeping it weird.

— Kali Cozyris

18 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. $5. 442-0309.

LECTURE

Tiny House Community Development. 6 p.m. D Street Neighborhood Center, 1301 D St., Arcata. Andrew Heben, author of *Tent City Urbanism: From Self-Organized Camps to Tiny House Villages*, speaks on transitional and affordable housing options as a possible answer to the problem of chronic homelessness. Free.

MOVIES

***Wiener-Dog* (2016).** 8 p.m. Richards' Goat Tavern & Tea Room Miniplex, 401 I St., Arcata. A dachshund passes from oddball owner to oddball owner, whose radically dysfunctional lives are all impacted by the pooch in this dark comedy from Todd Solondz. Rated R for a disturbing scene. $6.50, $8.

MUSIC

Humboldt Ukulele Group. Third Thursday of every month, 5:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. A casual gathering of strummers. Beginners welcome. $3. dsander1@arcatanet.com. 839-2816.

Opening Night Concert ft. Super Diamond. 7-10 p.m. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. The Neil Diamond tribute band rocks the county fair grandstands. Doug Fir & the 2x4s open. $8, $6 seniors 62+, $4 kids 6-12. 786-9511.

Summer Concert Series. 6 p.m. C Street Market Square, Foot of C Street, Eureka. Open-air music on Eureka's waterfront. Featuring music of the '50s and '60s by LC Diamonds. Free. www.eurekamainstreet.org/node/866.

THEATER

***The Secret Life of Spantsa*.** 8-10 p.m. Arcata Playhouse, 1251 Ninth St. Zuzka Sabata's original one-woman play about historical figure Olive Oatman, the first tattoed white woman in America. All performances followed by an audience talkback. $10 suggested donation. 834-0357.

EVENTS

Humboldt County Fair. . Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. The 120th Humboldt County Fair is "One for the Books," an old-fashioned community fair with carnival, horse racing, exhibits, stunts, shows, food, music and more.

FOR KIDS

Thursday Storytime. 10-11 a.m. Fortuna Library, 753 14th St. Fortuna Library presents a weekly morning storytime. Free. forhuml@co.humboldt.ca.us. www.humboldtgov.org/296/Fortuna-Library. 725-3460.

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. A unique drop-off program for children ages 3-5. Stories, music, crafts, yoga and snacks. $8, $6 members.. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

FOOD

Bear River Farmers Market. 3-5 p.m. Bear River Community Center, 266 Keisner Road, Loleta. Featuring baked goods, tribal produce, handmade jewelry, native plants and more. 733-1900.

Continued on next page »



Calendar

Continued from previous page

FFP's Summer Lunch Program. 12:15-1:30 p.m. Rio Dell Community Resource Center, 99 Wildwood Ave. Rio Dell CRC and Food For People are providing lunch for all kids aged 0-18. Come on out and get a free meal Monday-Friday, all summer. Rio Dell Fireman's Park 12:15-12:45 p.m. Scotia Elementary 1-1:30 p.m. Free. 764-5239.

Henderson Center Farmers Market. 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fresh local produce, straight from the farmer. www.humfarm.org. 441-9999.

McKinleyville Farmers Market at Eureka Natural Foods. 3:30-6:30 p.m. Eureka Natural Foods, McKinleyville, 2165 Central Ave. Local, GMO-free produce. Live music. EBT welcome with Market Match up to $10/day for EBT spending. Vouchers available to SSI recipients once per month per market location. Free. info@humfarm.org. www.humfarm.org. 441-9999.

The People's Market: Free Produce. Third Thursday of every month, 12-2 p.m. Food for People, 307 W. 14th St., Eureka. Food for People's free farmers markets style produce markets. All income eligible folks are invited to pick out fresh fruits and vegetables at no cost. Free. hmchugh@foodforpeople.org. 445-3166.

GARDEN

Organic Farm Internship. Bayside Park Farm, 930 Old Arcata Road, Arcata. Interns work three months, six hours a week in exchange for fresh veggies and hands-on training in organic agriculture. Free. baysideparkfarm@cityof arcata.org.

ETC

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play cards. 444-3161.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and fiber artists to socialize and work on projects. 442-9276.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. $5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

Fern Cottage Tour. 11 a.m.-3 p.m. Fern Cottage, 2121 Centerville Road, Ferndale. Tour the 150-year-old home of pioneers Joseph and Zipporah Russ, listed on the National Register of Historic Places. $10. info@ferncottage.org. www.ferncottage.org. 786-4835.

19 Friday

LECTURE

Rails, Trails and Sails. 7 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Join local historian Jerry Rhode for a trip through early travel in Humboldt County - by train along the Eel, with the wagoners through the Bald Hills and on board ship in Humboldt. Free. www.facebook.com/humboldt.grange.

Zero Waste Repurposing. 7:30 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Friends of the Arcata Marsh present a talk by Alex Howard. Free. 826-2359.

MOVIES

Hunt for the Wilderpeople. 9 p.m. Richards' Goat Tavern & Tea Room and Miniplex, 401 I St., Arcata. A national manhunt is ordered for a rebellious kid and his foster uncle who go missing in the wild New Zealand bush. Comedy. PG13. $6.50, $8. www.richardsgoat.com.

Microbe & Gasoline. 7 p.m. Richards' Goat Tavern & Tea Room and Miniplex, 401 I St., Arcata. In the latest film from Michel Gondry, two young friends embark on a road trip across France in a vehicle they built themselves. $6.50, $8. www.richardsgoat.com.

Summer of Suspense: *Rear Window*. 7:30 p.m. Eureka Theater, 612 F St. Jimmy Stewart stars as a wheelchair-bound photographer who thinks he witnesses a murder in the the apartment building across from his. Part of the August Hitchcock series. Popcorn, candy, soft drinks and snacks available. Beer and wine for 21 and up. $5. www.theeurekatheater.org.

***Tekkonkinkreet* (2006).** 8 p.m. Arcata Theatre Lounge, 1036 G St. Two brothers wage an ongoing battle to protect their decaying city from villains in this anime from director Michael Arias. $5. www.arcatatheatre.com.

MUSIC

Burt's Big Band. 6-9 p.m. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. Big Band Barn Dance. Join the band at the county fair for Senior Citizen Day. Swing dancing to the timeless melodies of the big band era. Outside. All ages. Free w/fair admission.

De Temps Antan. 8 p.m. Arcata Playhouse, 1251 Ninth St. Folk super-group from Quebec. $20, $18 students and members. www.arcataplayhouse.org. 822-1575.

The Jim Lahman Band/Blues Night. 7-9 p.m. Westhaven Center for the Arts, 501 S. Westhaven Drive. Live music, blues, jazz, by the Jim Lahman Band. $5 to $10 sliding scale. lahmantone5@gmail.com. 499-9031.

The World's Finest Apples. 7:30 p.m. The Sanctuary, 1301 J St., Arcata. An evening of eclectic jazz and folk music in the spirit of New Orleans. $5-$20 sliding scale. thesanctuaryarcata@gmail.com. https://www.facebook.com/thesanctuaryarcata. 822-0898.

THEATER

The Roaring Girl. 7 p.m. Redwood Park, top of 14th Street, Arcata. Plays in the Park presents the bawdy comic tale of Moll Cutpurse, who turns 17th century London on its head with her carousing, sword fighting, theft and independence. $12, $10 advance.

The Secret Life of Spantsa. 8-10 p.m. Synapsis Studio, 47 A West Third St., Eureka. Zuzka Sabata's original one-woman play about historical figure Olive Oatman, the first tattoed white woman in America. All performances followed by an audience talkback. $10 suggested donation. 834-0357.

EVENTS

Humboldt County Fair. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. See Aug. 18 listing.

FOR KIDS

Family Storytime. 10:30-11 a.m. Fortuna Library, 753 14th St. A rotating group of storytellers entertain children ages 2-6 and parents at Fortuna Library. Free. www.humlib.org. 725-3460.

FOOD

FFP's Summer Lunch Program. 12:15-1:30 p.m. Rio Dell Community Resource Center, 99 Wildwood Ave. See Aug. 18 listing.

Southern Humboldt Farmers Market. 11 a.m.-3 p.m. Garberville Town Square, Church Street. Fresh produce, meats, baked goods and more, plus live music and family activities. Free.

GARDEN

Organic Farm Internship. Bayside Park Farm, 930 Old Arcata Road, Arcata. See Aug. 18 listing.

OUTDOORS

Farm Volunteer Fridays. 2-5 p.m. Bayside Park Farm, 930 Old Arcata Road, Arcata. Support the farm while reaping the benefits of growing food. Help plant and harvest and everything in between. Bring gloves and water and leave with fresh produce. Free.



Salmon Pass Hike. 9 a.m.-noon. South End Headwaters Forest Reserve, Newburg Road, Fortuna. Join docents for a hike through the southern entrance of the reserve. Meet at Newburg Park and call to confirm 24 hours before trip. Free. jdclark@blm.gov. 825-2317.

SPORTS

BMX Friday. 4:30-6:30 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for practice and racing. Wear long sleeves and pants. $2 practice, $5 ribbon race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. $5.

ETC

Fern Cottage Tour. 11 a.m.-3 p.m. Fern Cottage, 2121 Centerville Road, Ferndale. See Aug. 18 listing.

20 Saturday

ART

Art Quilt Trunk Show. 7-9 p.m. The Old Steeple, 246 Berding St., Ferndale. Works of art and craft. $10. 786-7030.

DANCE

Va Va Voom's Hot Topless Nights. 8 p.m.-midnight. Eureka Theater, 612 F St. Enjoy a burlesque romp into the 1950s featuring performers Cyanide Cyn, Caramel Knowledge and Miss Humboldt Burlesque 2015, Lady Satan. $15, $12 advance, $25 premiere, $20 premier advance. vavavoomburlesque@live.com. 476-8282.

MOVIES

Life, Animated. 4 p.m. Richards' Goat Tavern & Tea Room and Miniplex, 401 I St., Arcata. Sundance-winning documentary about a boy and his family who overcame challenges by turning Disney animated movies into a language to express love, loss, kinship and brotherhood. $6.50, $8. www.richardsgoat.com.

Movies in the Park: *Time Bandits.* 7 p.m. Sequoia Park, 3414 W St., Eureka. DJ music at 7 p.m. followed by Loony Tunes cartoons and the feature film at dusk, around 8:45 p.m. Dress warmly, bring a blanket or chairs. Popcorn, candy and refreshments available by donation. Free.

MUSIC

Dezarie. 9 p.m. Arcata Theatre Lounge, 1036 G St. Roots reggae. $25, $20 advance. www.arcatatheatre.com.

THEATER

Little Red Attitude. 2-3 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. Backstage play about youngsters punching up ***Little Red Riding Hood*** with other fairy tale characters. Featuring Sequoia Park Zoo animals. Donations appreciated. info@sequoiaparkzoo.net. www.sequoiaparkzoo.net/event/little-red-riding-hood-runs-amok-at-the-zoo/. 442-5649.

The Roaring Girl. 7 p.m. Redwood Park, top of 14th Street, Arcata. See Aug. 19 listing.

The Secret Life of Spantsa. 8-10 p.m. Westhaven Center for the Arts, 501 S. Westhaven Drive. Zuzka Sabata's original one-woman play about historical figure Olive Oatman, the first tattoed white woman in America. All performances followed by an audience talkback. $10 suggested donation. 834-0357.

EVENTS

Blue Lake City Wide Rummage Sale. 10 a.m.-5 p.m. Companion Animal Foundation - Blue Lake, 410 Railroad Ave. Tools, books, clothing, wine making equipment and more for sale all over town. Pick up a free map of participating households at the Companion Animal Thrift Store. Free. franko301@live.com. 668-5567.

Breakfast and Flea Market. Third Saturday of every month, 8:30 a.m. Dow's Prairie Grange Hall, 3995 Dow's Prairie Road, McKinleyville. Enjoy pancakes, eggs and browsing knick knacks. Flea market ends at 3 p.m. $5, $3 for kids. dowsgrange@gmail.com. www.dowsprairiegrange.org. 840-0100.

Humboldt County Fair. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. See Aug. 18 listing.

Klamath Salmon Festival. 7:30 a.m.-4 p.m. Yurok Tribe Headquarters, 190 Klamath Blvd., Klamath. Cultural demonstrations, food, live music, games for kids, vendors, classic car show, parade, Indian card and stick tournaments. Free. mmais@yuroktribe.nsn.us. bit.ly/2au8Fsb. 482-1350.

Living History Day. 11 a.m.-3 p.m. Clarke Historical Museum, Third and E streets, Eureka. Learn what it was like to be stationed at Fort Humboldt in the mid-19th century, watch a hand-quilting demonstration, take an interpretive tour with a docent and more. Part of the museum's Admission Free Week. Free. jpino@clarkemuseum.org. www.clarkemuseum.org/living-history-day.html. 443-1947.

Steam-Up. Third Saturday of every month. Fort Humboldt State Historic Park, 3431 Fort Ave., Eureka. Historic logging equipment comes to life, train rides available.

FOR KIDS

Nature Story Time. 2-3 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Join naturalist Karen Mast for a nature focused story geared to ages 3-6, followed by a simple craft project. Free. info@friendsofthedunes.org. 444-1397.

Young Inventors' Club. Third Saturday of every month, 10:30 a.m.-noon Discovery Museum, 612 G St., Eureka. Hands-on science program with one or more activities planned each month. Free with museum admission. redwooddiscoverymuseum@gmail.com. www.discovery-musuem.org. 443-9694.

FOOD

Arcata Plaza Farmers Market. 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh vegetables and fruit from local producers, food vendors, plant starts and flowers every week. Live music.

MEETINGS

Eureka Photoshop User Group. 10 a.m.-noon. Prosperity Center, 520 E St., Eureka. Diana Williams will guide attendees through layers, art boards and layer styles. All users of Adobe Photoshop or LightRoom are invited to attend. Free. wrishel@gmail.com. www.eurekaphotoshop.com. (510) 410-3310.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet trained guide Milt Boyd for a 90-minute walk focusing on the ecology of the marsh. Free. 826-2359.

Audubon Society Arcata Marsh Bird Walk. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and have a great morning birding. Meet trip leader Chet Ogan in the parking lot at the end

Continued on next page ››







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Calendar

Continued from previous page

of South I Street (Klopp Lake) in Arcata, rain or shine. Free. www.rras.org/calendar.

Bird Walk. 8 a.m. Southern Humboldt Community Park, 934 Sprowl Creek Road, Garberville. All ages and experience levels are encouraged to participate and revel in the beauty of the park and its avian inhabitants on this easy 2-to 3-hour walk. Binoculars are not provided (but often shared). No dogs please. Water and a hat with a brim recommended. Free. 943-9786.

Trail Stewards Work Day. 9 a.m.-noon. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Help maintain and upgrade the trails. Gloves, tools and snacks provided. Dress for the weather, wear closed-toed shoes and bring drinking water. Free. info@friendsofthedunes.org. 444-1397.

SPORTS

Stock Car Points Race. 6:30 p.m. Redwood Acres Racetrack, 3750 Harris St., Eureka. Stock car races. Grandstands open at 5 p.m., qualifying at 5 p.m., racing at 6:30 p.m.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See Aug. 19 listing.

ETC

Media Center Orientation. Third Saturday of every month, 10 a.m. Access Humboldt Community Media Center, Eureka High School, Eureka. Learn about the recording studio, field equipment, editing stations and cable TV channels available at Access Humboldt. Free. 476-1798.

Fern Cottage Tour. 11 a.m.-3 p.m. Fern Cottage, 2121 Centerville Road, Ferndale. See Aug. 18 listing.

Women's Peace Vigil. 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. $5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

21 Sunday

ART

Trinidad Artisans Market. 11 a.m.-3 p.m. Downtown Trinidad. Local artisans present their arts and crafts. Enjoy live music each week and barbecue. Featuring music by Laura Hennings & Friends Free.

MOVIES

***Hoot*.** 6 p.m. Arcata Theatre Lounge, 1036 G St. Three middle-schoolers take on greedy land developers, corrupt politicians and clueless cops to save their local environment and animal friends. $5. www.arcatatheatre.com.

***Hunt for the Wilderpeople*.** 6 p.m. Richards' Goat Tavern & Tea Room and Miniplex, 401 I St., Arcata. See Aug. 19 listing.

***Microbe & Gasoline*.** 4 p.m. Richards' Goat Tavern & Tea Room and Miniplex, 401 I St., Arcata. See Aug. 19 listing.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 499-8516.

Summer Music in the Garden. 12-2 p.m. Humboldt Botanical Garden, 7351 Tompkins Hill Road, College of the Redwoods Campus, North Entrance, Eureka. Bring a picnic lunch for an afternoon of everything from classical to jazz and popular favorites. The Dubbadubs play roots reggae to close out the series. $8, $5 seniors/students, free to members. hbgf@hbgf.org. www.hbgf.org. 442-5139.

Wine and Jazz with Vintage Jazz. 3-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Enjoy a glass of wine and an afternoon of standards and originals. $5 adults, $2 seniors/students, Free for members and kids. www.humboldtarts.org.

THEATER

***A Year with Frog and Toad*.** 2 p.m. Redwood Park, top of 14th Street, Arcata. Plays in the Park presents the children's books brought to life, featuring a nine-piece jazz orchestra and a cast of birds, turtles, lizards, squirrels, moles and more. Free.

EVENTS

FAAN Wine Tasting and Auction Fundraiser. 1-4 p.m. Rosina Vineyard, 751 Sorenson Road, Redcrest. Enjoy wine, oysters and appetizing hors d'oeuvres to support Families Advocating Autism Now. 21 and up. $40. www.rosinavineyard.com.

Humboldt County Fair. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. See Aug. 18 listing.

Rocky's Fallen Brothers and Sisters Ride. 3 p.m. Moose Lodge, 4328 Campton Road, Eureka. Starts with a poker run at 10 a.m. and winds up at the Moose Lodge for a barbecue at 3 p.m. with music, a raffle, dutch and silent auctions and door prizes. Fun for the whole family. Proceeds benefit the Senior Meals on Wheels program. $30 poker run/bbq, $20 poker only, $10 bbq only. 499-4386.

FOR KIDS

Lego Club. 12:30-2 p.m. Discovery Museum, 612 G St., Eureka. Lego fun for younger and older kids featuring Duplos and more complex pieces. Free with museum admission. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

***Little Red Attitude*.** 5:30-6:30 p.m. Sequoia Park Zoo, 3414 W St., Eureka. Backstage play about youngsters punching up *Little Red Riding Hood* with other fairy tale characters. Featuring Sequoia Park Zoo animals. Donations appreciated. info@sequoiaparkzoo.net. www.sequoiaparkzoo.net/event/little-red-riding-hood-runs-amok-at-the-zoo/. 442-5649.

Pokemon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

FOOD

Food Not Bombs. 5 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free. (503) 828-7421.

Pancake Breakfast. 8-11 a.m. Mattole Grange, 36512 Mattole Road, Petrolia. All-you-can-eat pancakes made from local organic wheat, slow-cooked oatmeal, local organic eggs cooked to order, local sausage, coffee or milk, organic orange juice. $8, $3 kids. 629-3421.

GARDEN

Compost Backyard Basics Workshop. 1 p.m. Arcata Community Health and Wellness Garden, Corner of F and 11th streets. The Arcata Compost Revolution hosts the Compost Backyard Basics Workshop in partnership with the Open Door Community Health and Wellness Gardens. Free. arcatacompost@gmail.com.

OUTDOORS

Bird-Watching Cruise. 4 & 5:15 p.m. Madaket, 1 C Street, Eureka. Join guides David Fix, Rob Hewitt and Gary Bloomfield on one of two fundraising tours on the historic *Madaket*. Proceeds of the one-hour narrated tours of Humboldt Bay benefit Godwit Days. $25, includes light snacks a drink. www.godwitdays.org. 826-7050.

Birding for Beginners. 10 a.m.-noon. Ma-le'l Dunes Parking Area, Young Lane, Manila. Naturalist Carol Vander Meer will lead an introductory walk for beginning birders at the Ma-le'l Dunes Unit of the Humboldt Bay National Wildlife Refuge. Learn the basics of bird observation and identification, no previous experience or knowledge is necessary. All ages are welcome. Bring binoculars and a bird book if you have them, some will be provided if you do not. Please R.S.V.P. by contacting Friends of the Dunes. Free. info@friendsofthedunes.org. 444-1397.

SPORTS

BMX Practice and Racing. 1-3 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for some fun. Wear long sleeves and pants. $2 practice, $11 race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

ETC

Family Game Day. 12-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring the family and friends for a day jam-packed with gaming fun. Feel free to bring in your own games. Free. www.nugamesonline.com. 497-6358.

SPORTS, ATHLETICS & ADVENTURE

Humboldt Swim Club. Humboldt Swim Club, P.O. Box 101, Bayside. See Aug. 18 listing.

Summer Gymnastics. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. See Aug. 18 listing.

22 Monday

DANCE

Let's Dance. 7-10 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Let's dance to live music including swing standards and roots country. Everyone welcome. $4. www.facebook.com/humboldt.grange. 725-5323.

MOVIES

***Wiener-Dog* (2016).** 8 p.m. Richards' Goat Tavern & Tea Room Miniplex, 401 I St., Arcata. See Aug. 18 listing.

EVENTS

Humboldt County Fair. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. See Aug. 18 listing.

FOR KIDS

Rio Dell/Scotia Playgroups. 10 a.m.-noon. Church of Christ, 325 Second St., Rio Dell. Playgroup for children 0-5 and their parents and caregivers. Padres y Cuidadores de Niños de 0-5 años de edad, por favor llévenlos al El Playgroups. 764-5239.

FOOD

FFP's Summer Lunch Program. 12:15-1:30 p.m. Rio Dell Community Resource Center, 99 Wildwood Ave. See Aug. 18 listing.

MEETINGS

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

23 Tuesday

DANCE

Burgundy Blues with Michael Dayvid. 8-10:30 p.m. HLOC's Space, 92 Sunny Brae Center, Arcata. Dance to

blusey music by Michael Dayvid. No partner necessary. $5. burgundybluesdance@gmail.com.

EVENTS

Humboldt County Fair. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. See Aug. 18 listing.

FOR KIDS

Arcata Family Resource Center Playgroup. 10 a.m.-noon. Arcata Elementary School, 2400 Baldwin St. Playgroup for children 0-5 and their parents and caregivers. 826-1002.

Grandparents and Books Storytime. 3-4:30 p.m. Fortuna Library, 753 14th St. Children of all ages welcome to afternoon storytime with "grandparent" storyteller Cynthia. Free. forhuml@co.humboldt.ca.us. www.humboldtgov.org/296/Fortuna-Library. 725-3460.

Playgroup. 10-11:30 a.m. Discovery Museum, 612 G St., Eureka. Come to the museum for stories, crafts and snacks. Free for children age 0-5 and their caregivers. Free. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Aug. 21 listing.

FOOD

FFP's Summer Lunch Program. 12:15-1:30 p.m. Rio Dell Community Resource Center, 99 Wildwood Ave. See Aug. 18 listing.

Fortuna Farmers Market. 3-6 p.m. Fortuna Main Street, Main Street. Locally grown fruits, veggies and garden plants, plus arts and crafts. Free.

Old Town Eureka Farmers Market. 10 a.m.-1 p.m. Historic Old Town Eureka, Second Street. North Coast Growers' Association farmers markets are GMO-free and all agricultural products are grown or raised within Humboldt County. Live music every week. Free. info@humfarm.org. www.humfarm.org. 441-9999.

Wildberries Marketplace Farmers Market. 3:30-6:30 p.m. Wildberries Marketplace, 747 13th St., Arcata. GMO-free agricultural products from Humboldt County. Live music. EBT always welcome. Monthly vouchers available to SSI recipients. Free. info@humfarm.org. www.humfarm.org. 441-9999.

GARDEN

Organic Farm Internship. Bayside Park Farm, 930 Old Arcata Road, Arcata. See Aug. 18 listing.

COMEDY

Savage Henry Comedy Night. 8 p.m. The Jam, 915 H St., Arcata. Local and out of town comedians bring the ha-has. 822-4766. $5.

ETC

Bingo. 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games range from $1-$10.

Board Game Night. 6-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Ferndale Cribbage. 10 a.m. Our Savior's Lutheran Church, 425 Shaw St., Ferndale. Cards and pegs.

24 Wednesday

MOVIES

Hunt for the Wilderpeople. 7 p.m. Richards' Goat Tavern & Tea Room and Miniplex, 401 I St., Arcata. See Aug. 19 listing.

Sci Fi Night ft. *Flash Gordon* (1980). 7:30 p.m. Arcata Theatre Lounge, 1036 G St. Pathetic earthlings, who can save you now? Music by Queen (that's who). $5. www.arcatatheatre.com.

EVENTS

Humboldt County Fair. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. See Aug. 18 listing.

FOR KIDS

Storytime. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

Summer Kid Crafts. 1:30-5 p.m. Rio Dell Library, 715 Wildwood Ave. Drop-in crafts for kids. Sponsored by the Friends of the Rio Dell Libraries Free. riohuml@co.humboldt.ca.us. 764-3333.

FOOD

FFP's Summer Lunch Program. 12:15-1:30 p.m. Rio Dell Community Resource Center, 99 Wildwood Ave. See Aug. 18 listing.

COMEDY

Comedy Open Mikey. 9 p.m. Palm Lounge, Eureka Inn, 518 Seventh St. Hosted by Nando Molina with beats by Gabe Pressure. Free. 497-6093.

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. $5. www.nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

Community Board Game Night. Last Wednesday, Thursday of every month, 6-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Play your favorite games or learn new ones with North Coast Role Playing. Free. oss1ncrp@northcoast.com. www.baysidegrange.org. 444-2288.

25 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Aug. 18 listing.

MOVIES

Microbe & Gasoline. 8 p.m. Richards' Goat Tavern & Tea Room and Miniplex, 401 I St., Arcata. See Aug. 19 listing.

EVENTS

Humboldt County Fair. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. See Aug. 18 listing.

FOR KIDS

Thursday Storytime. 10-11 a.m. Fortuna Library, 753 14th St. See Aug. 18 listing.

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. See Aug. 18 listing.

FOOD

Bear River Farmers Market. 3-5 p.m. Bear River Community Center, 266 Keisner Road, Loleta. See Aug. 18 listing.

FFP's Summer Lunch Program. 12:15-1:30 p.m. Rio Dell Community Resource Center, 99 Wildwood Ave. See Aug. 18 listing.

Henderson Center Farmers Market. 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. See Aug. 18 listing.

McKinleyville Farmers Market at Eureka Natural

Continued on next page »

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Let's Be Friends

Continued from previous page

Foods. 3:30-6:30 p.m. Eureka Natural Foods, McKinleyville, 2165 Central Ave. See Aug. 18 listing.

GARDEN

Organic Farm Internship. Bayside Park Farm, 930 Old Arcata Road, Arcata. See Aug. 18 listing.

MEETINGS

Green Party meeting. 7-8:30 p.m. Northtown Coffee, 1603 G St., Arcata. Help build a strong third party, free of corporate control. dsilver@greens.org. www.humboldtgreens.org. 267-5342.

ETC

Community Board Game Night. Last Wednesday, Thursday of every month, 6-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. See Aug. 24 listing.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. See Aug. 18 listing.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See Aug. 18 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Aug. 18 listing.

Fern Cottage Tour. 11 a.m.-3 p.m. Fern Cottage, 2121 Centerville Road, Ferndale. See Aug. 18 listing.

Heads Up ...

Call for brewing and grilling contestants for the eighth annual SoHum Beer Fest and Barbecue Smoke Off. Call the Mateel Community Center office at 923-3368.

The McKinleyville Community Services District announces two regular voting member vacancies and one alternate member vacancy on the Recreation Advisory Committee. Mail letters of application to the MCSD, Attn: Lesley Frisbee, P.O. Box 2037, McKinleyville, CA 95519. Contact the Parks & Recreation Office at 839-9003.

McKinleyville writing group seeks members. Phone John Daniel, 839-3495, or email jmd@danielpublishing.com for details.

North Coast Community Garden Collaborative seeks donated garden supplies, monetary donations and/or volunteers. For more information, contact 269-2071 or debbiep@nrsrcaa.org.

Volunteers needed for the Arcata Marsh Interpretive Center. Call 826-2359 or email amic@cityofarcata.org.

Volunteers wanted for Eureka VA clinic. Call 269-7502.

MOVIES & EVENTS
Aug 19 - Aug 24
Fri Aug 19 – Tekkonkinkreet (2006), Doors @ 7:30 PM, Movie @ 8 PM, Film is $5, Rated R.
Sat Aug 20 – Dezarie, Doors @ 9 PM, $25 @ Door, $20 adv tix @ Wildberries/ People's Records/The Works, 21+.
Wed Aug 24 – Sci Fi Night: Flash Gordon (1980), Doors @ 6 PM All ages, Free w/$5 food & bev purchase.
8/21 – Hoot (2006), Doors @ 5:30 PM, Movie @ 6 PM, Film is $5, Rated PG.
Arcata Theatre Lounge
arcatatheater.com • 822-1220 • 1036 G St.

Let's be Frank

Sausage Party and *Weiner-dog*

By David Jervis
filmland@northcoastjournal.com



Sure. Put boobs on a hot dog bun.

Reviews

SAUSAGE PARTY. One could make an argument that *Sausage Party* is exactly the sort of summer movie the world needs at a time like this. A jaunt down to the local cinema is meant as a refuge from the uncertain, shady funk of the world at large, and that outside world has been a bit haywire of late.

So here then is *Sausage Party*, a movie that's sort of difficult to describe on any everyday level, but let's proceed apace. First off — and this is vital — this animated opus is NOT meant for kids; it is stamped with an R rating for reasons no sane and sentient person could possibly question. From collaborators Seth Rogen and Evan Goldberg (*Superbad*, *This is the End*) comes this dizzyingly ribald not-like-other-things film that includes, in the well-paced time span of just under 90 minutes, wads of discarded gum, rolls of toilet paper and used condoms that have speaking parts.

Rogen and Goldberg have conceived a world, brought to life by directors Greg Tiernan and Conrad Vernon and masterfully imagined at a Pixar-level standard. Rogan lends his voice to an anthropomorphized hot dog by the name of Frank. Stuffed into a package of dogs at the suburban supermarket Shopwell's, Frank is, like every item on the store's shelves, imbued with the power to think, speak, sing and dance. And also to love, as he fondly pines so very much so for Brenda Bunson (Kristin Wiig), a hot dog bun just a few paces over on the shelf. As this tale begins, the Fourth of July weekend is nigh, and — as we learn in a raunchy and boffo opening musical number — everybody stocked on the shelf is simply dying to get taken out of the store by shoppers, God-like beings who shall guide every produce item, condiment, shrink-wrapped meat and otherwise to a sort of great beyond. There's some untruth in this belief, obviously, and soon the word spreads.

Given the deluge of Pixar, Dreamworks and Disney animated movies (which seem to be increasing exponentially), there's just something gleefully naughty about seeing that whole template in the service of a movie as insanely off-color as *Sausage Party*. Helping kick things into high gear is the opening number penned by Alan Menken, an Oscar winner and veteran of such family-safe fare as *The Little Mermaid* and *Aladdin*. That he gladly lent his talents to a concept that was likely spawned while Rogen and Goldberg were mired in the drive-thru at an In-N-Out Burger at 1:30 a.m. adds to the good summer vibes.

As the plot plays out, surreal and absurd, there's some wholesomeness in the story's adherence to the animated blockbuster model of characters overcoming obstacles to reach a goal and realize the strength of teamwork and friendship. But really, there is oodles of foul-mouthed fun in a bagel (Edward Norton) and a lavash (David Krumholz) learning to overcome differences about who has the right to more space for settlements in their aisle, in a sexy taco (Salma Hayek) with designs on Brenda and in the douchey villain of the story who is, well, a douche (Nick Kroll). There's a cameo from Meat Loaf, hot dogs having sex with buns ... I'm giving away too much plot here. It's August, it's too foggy out, and there's only so much Olympic and election buzz one can take. Buy a ticket. I didn't even mention the most scandalous parts. That's up to you to go discover, dear reader. R, 89m. BROADWAY, MILL CREEK, FORTUNA

WIENER-DOG. Director Todd Solondz made a big indie-film splash back in the 1990s with *Welcome to the Dollhouse* and then the oh-so unsettling *Happiness*. He's kept a low profile in recent years, more focused on low-budget movie projects. With *Weiner-Dog*, he has something that's a reminder why he's a subversive filmmaker who can get good actors involved with a good script. A point of interest in *Wiener-Dog* is that the character of Dawn Wiener, last seen in *Dollhouse*, appears here in adult form, played by a fittingly low-key Greta Gerwig. The rest of the story, told in four segments, is bound together by the thread of the titular dachshund, originally adopted by a young cancer survivor (Keaton Nigel Cook). Plot machinations seen, and not, take the movie through several twists, all while we explore human characters in their subtle misery. Solondz hasn't lost his knack for deadpan, Jim Jarmusch-like pacing and making everything from suburban estrangement to the banality of awkward conference calls or the ludicrousness of academic ennui seem both maddening and hilarious. Danny DeVito, Ellen Burstyn and Zosia Mamet all turn up and are spot-on great. Solondz's worldview is bleak but, for the first time in a while, that bleakness doesn't need too stiff a chaser. R, 88m. RICHARDS' GOAT MINIPLEX

— David Jervis

For showtimes, see the Journal*'s listings at www.northcoastjournal.com or call: Broadway Cinema 443-3456; Fortuna The-*



atre 725-2121; Mill Creek Cinema 839-3456; Richards' Goat Miniplex 630-5000.

Previews

BEN HUR. Sand and sandals remake about the prince-turned-slave (Jack Huston), also starring Jesus (Rodrigo Santoro). *PG13. 123M. BROADWAY, FORTUNA, MILL CREEK.*

KUBO AND THE TWO STRINGS. A boy (Art Parkinson) hunts down his father's magic samurai armor to battle supernatural foes with the help of odd couple Monkey (Charlize Theron) and Beetle (Matthew McConaughey). *PG. 101M. BROADWAY, FORTUNA, MILL CREEK.*

WAR DOGS. Miles Teller and Jonah Hill play bros-turned-arms-dealer-bros in a true-story comedy about the war in Afghanistan. *R. 114M. BROADWAY, FORTUNA, MILL CREEK.*

Continuing

BAD MOMS. Mila Kunis and scene stealers Kathryn Hahn and Kristen Bell land laughs as women doing battle with PTA villainesses. Just too bad that mothers having inner lives or fun is supposed to be a shock. *R. 101M. BROADWAY, MILL CREEK.*

FLORENCE FOSTER JENKINS. Meryl Steep as a 1940s wannabe singer socialite with no idea how bad her voice is. Hugh Grant co-stars as her enabling hype man. *PG. 90M. BROADWAY.*

HUNT FOR THE WILDERPEOPLE. A rural New Zealand boy (Julian Dennison) makes a run for it with his foster uncle (Sam Neill), setting off a months-long manhunt in this big-hearted, unassuming and well-crafted indie. *PG13. 123M. MINIPLEX.*

JASON BOURNE. Matt Damon returns to the franchise as the CIA amnesiac. Director Paul Greengrass blends realistic violence, punishing emotional authenticity and elaborate car chases. *PG13. 123M. BROADWAY.*

PETE'S DRAGON. Live action and animation in a fantasy tale about an orphan (Oakes Fegley) and his dragon buddy in the Pacific Northwest. With Bryce Dallas Howard and Robert Redford. *PG13. BROADWAY, FORTUNA, MILL CREEK.*

THE SECRET LIFE OF PETS. A family-friendly tale of rival dogs in New York City that doesn't really live up to its powerhouse cast, which includes Louis C.K., Jenny Slate and Kevin Hart. *PG. 90M. BROADWAY.*

STAR TREK BEYOND. Frenzied and overstuffed, but the franchise sequel is good fun with solid characters, humor and satisfying surprises. Starring Chris Pine and Zachary Quinto. *PG13. 120M. BROADWAY, MILL CREEK.*

SUICIDE SQUAD. This unremittingly awful mess of semi-random violence rattles on without any emotional or narrative center as DC Comic villains take on badder guys. With hope from Margot Robbie as Harley Quinn and Jared Leto (briefly) as the Joker. *PG13. 123M. BROADWAY, FORTUNA, MILL CREEK.*

— Jennifer Fumiko Cahill

●

Horny Buggers

What you can find in and around the North Coast's ponds, lakes and streams

By Anthony Westkamper
humbug@northcoastjournal.com



A female bison snaketail showing teensy-weensy yellow "buffalo horns." *Photo by Anthony Westkamper*

Three Critters on a River

Anyone who has spent much time poking around streams and rivers has encountered the wondrous "Whirligig Beetle." Shiny black ovals a bit more than a quarter of an inch long, they are a most remarkable animal. Easily seen as they pirouette wildly, skimming along the surface of ponds and slow moving streams. They are rarely, if ever, seen alone but are usually members of a group. As confusing to watch as a game of three card monte, researchers have shown there is a method to the madness. The hungrier an individual is, the farther away from the center of the swarm it is likely to be, as there is less competition than in the center, but less protection from predators. Each of their eyes is divided into two parts: one part to see above the water, the other designed to work submerged. Like race car drivers, one will often follow another closely to reduce drag, a process called "drafting."

I've also seen several species of dragonfly lately, among them the Bison Snaketail (*Ophiogomphus bison*). This chartreuse, yellow, brown and black dragonfly rests on rocks on the river bar and dashes up to grab prey like those little mayflies out of the air, often returning to its roost to consume the victim. Their name comes from two minuscule "horns" on the head of the female, and the flaring out of the tail near the end, resembling a cobra's hood. The flared abdomen is more pronounced in males.

Water Babies

Like us, the most primitive insects start out as small copies of their adult parents. Their lifestyle will be the same throughout their entire lives as to where they live, what they eat and how they react to stimuli. The silverfish, and bristletails, are of this group.

Next up the evolutionary tree are creatures that start life as small copies of the adults, but lack one distinguishing characteristic: wings. There are a great many insect species that fit this profile, the "true bugs" (order hemiptera) are like this. While each stage resembles the adult in general shape, the last molt into the adult "instar" is when they will get wings and can mate.

They are followed by a most remarkable group, everyone's favorites, the odonata, dragonflies and damselflies. A bit more than 300 million years ago, their larvae returned to the water. Looking at one of their young, it is difficult to tell what it will eventually become. Their shapes are often remarkably different from their adult forms, they breathe water through gills at their rear ends and can expel it forcefully, giving them jet propelled rapid movement. Their jaws snap out on a hinge somewhat similar to the monsters in the *Alien* movies. Unlike their adult coloration, they are usually well camouflaged; some species going so far as to allow algae to grow on their carapaces. For the most part, they crawl around on the bottoms of ponds, lakes or streams.

Unlike insects even higher on the evolutionary tree, they have no resting pupal or cocoon stage like flies, butterflies and beetles. One day, the larva just pulls itself out of the water, sheds its old exoskeleton, pumps up its wings, dries them and flies away breathing air and capturing prey on the wing. As adults, they can hardly walk at all and will take wing to move an inch if necessary.

It's like a magic trick in slow motion. I've watched the transformation, which can take place in an hour under ideal conditions. Technically, the newly minted adult is called a teneral and, although it can fly, it will be a few days until it takes on its brightest colors and can mate. ●

Upcoming Workshop

Farmer Macs Kids Club Step Stones Workshop

Create your own stepping stone for your garden. All materials provided or bring some special pieces that you would like to include.

11am Saturday, Aug. 20th
$5 fee.

Payment will hold your spot.



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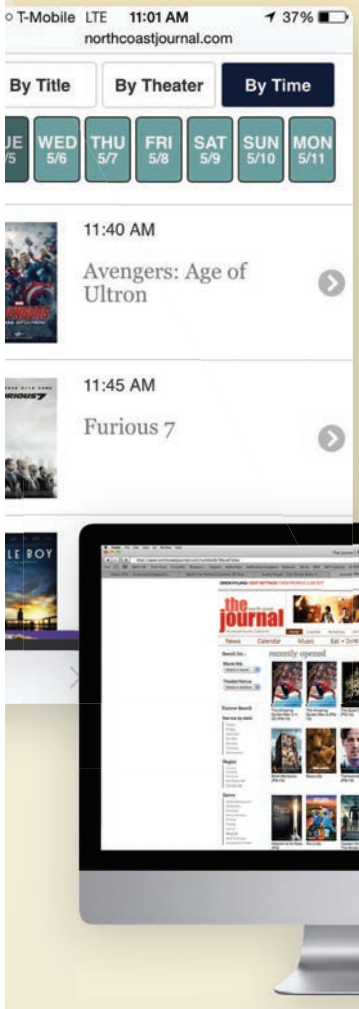
AUG. 22-SEPT. 16:
Foundations for Fundraising
SEPT. 19-OCT. 14:
Tools for Big Gifts
OCT. 17-NOV. 11:
The People
NOV. 19-DEC. 9:
Tools for Annual Giving

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Arts & Crafts

NORTH COAST WRITER'S CONFERENCE 2016 AT COLLEGE OF THE REDWOODS AT THE CRESCENT CITY CAMPUS. Fri 9/23 and Sat 9/24 $95.00 with keynote speaker Dahlynn McKowen plus five other engaging presenters and workshops! Call 707-476-4500 to register or visit http://www.ncrwc.org to see conference information (A-0818)

POTTERY CLASSES AT FIRE ARTS: Fall Session September 12 - Nov 19, 2016 Full schedule of classes@fireartsarcata.com or call 707-826-1445. Sign up today ! 520 South G St. Arcata (AC-0908)

Communication

CHALLENGES OF LIVING A GRACE-FILLED LIFE DISCUSSED AT LIFETREE CAFÉ The potential impact of living out the Golden Rule will be explored at Lifetree Café on Sunday, August 21 at 7 p.m. The program, titled "'Give Me a Break!' Living a Grace-Filled Life,"features conversations surrounding the giving and receiving of breaks in life. During the program, Lifetree participants will be given the opportunity to describe times they have both given and received undeserved breaks and to examine the aftereffects. Lifetree Café is a free conversation cafe located at Campbell Creek Connexion, corner of Union and 13th St., Arcata. Coffee and snacks. Ph: 672 2919 (C-0818)

Dance/Music/Theater/Film

DANCE WITH DEBBIE: Get back to the basics; attend our "Basics of Partnering"workshop Wednesday, Aug 31, 7:00-9:00 p.m., and become a more desirable partner. All levels welcome, no partner required. $10/person. (707) 464-3638, debbie@dancewithdebbie.biz (D-0825)

FREE INTRODUCTION TO ARGENTINE TANGO Experience the most interesting and beautiful dance of all. You'll learn the basics, and have fun! Arg. Tango started in Buenos Aires in the late 1800's and has traveled the globe many times over. Join us and we'll show you why so many have been enchanted. Tues, Sept. 13th, 8:15 - 9:15 pm. Redwood Raks - 824 L St. Arcata (858) 205-9832 leesobo@gmail.com www.tangodelsol.net

GUITAR/PIANO LESSONS. All ages, beginning & intermediate. Seabury Gould (707)845-8167. (DMT-0929)

MUSIC LESSONS. Piano, Guitar, Voice, Flute, etc. Piano tuning, Instrument repair. Digital multi-track recording. (707) 382-9468. (DMT-0929)

PIANO LESSONS FOR BEGINNERS by Judith Louise. Children and adults, learn to read & play music! 707 476-8919. (D-0929)

REDWOOD RAKS WORLD DANCE STUDIO, ARCATA. West African, Belly Dance, Tango, Salsa, Swing, Breakdance, Jazz, Tap, Modern, Zumba, Hula, Congolese, more! Kids and Adults, (707) 616-6876 shoshannaRaks@gmail.com (DMT-0929)

STEEL DRUM CLASSES. Beginning Classes Level 1 Fri's. 10:00-:11:00a.m, Level 2 Fri's. 11:00-12:00p.m. Intermediate Thu's., 6:30-7:30p.m. Pan Arts Network 1049 Samoa Blvd. Suite C. Call (707) 407-8998. panartsnetwork.com (DMT-0929)

WEST AFRICAN DRUM CLASS All Level Community Class Fridays 6-8pm
Held at Organic Matters Ranch Barn
6821 Myrtle Ave, Eureka (Freshwater)
Contact Heather 707-834-3610
Extra drums available to borrow or purchase (DMT-0929)

Fitness

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout. New classes begin the first Mon. of every month. Ages 8 to 80+ Email: northcoastfencingacademy@gmail.com or text, or call Justin at 707 601-1657. 1459 M Street, Arcata, northcoastfencing.tripod.com (F-0929)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-0929)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. $6/$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-0929)

Kids & Teens

POTTERY CLASSES AT FIRE ARTS: Fall Session September 12 - Nov 19, 2016 Full schedule of classes@fireartsarcata.com or call 707-826-1445. Sign up today ! 520 South G St. Arcata (K-0908)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-0929)

POTTERY CLASSES AT FIRE ARTS: Fall Session September 12 - Nov 19, 2016 Full schedule of classes@fireartsarcata.com or call 707-826-1445. Sign up today ! 520 South G St. Arcata (O-0908)

Spiritual

ARCATA ZEN GROUP MEDITATION. Beginners welcome. ARCATA: Sunday 7:55 a.m. at Trillium Dance Studio, 855 8th St (next to the Post Office). Dharma talks are offered two Sundays per month at 9:20 a.m. following meditation. EUREKA: Wed's, 5:55 p.m., First Methodist Church, 520 Del Norte St., enter single story building between F & G on Sonoma St, room 12.For more information call 826-1701 or visit arcatazengroup.org. (S-0929)

BUDDHIST REFUGE AND TEACHINGS ON DEATH, DYING AND THE BARDO WITH VENERABLE LAMA LODU RINPOCHE Fri July 29 - July 31. Community Yoga Center 890 G St, Arcata. Contact Lama Nyugu 707-442-7068, Fierro_roman@yahoo.com, http://kdkarcatagroup.org/upcoming-events.html (S-0728)

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP. We are here to change lives with our love. . Services at 9am and 11am on Sunday. Child care is provided at 9am. Childrens religious education is at 11am. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-0929)

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com (S-0929)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-0929)

DRUG ADDICT IN YOUR LIFE? Find hope in Nar Anon.We meet Thursdays 6:45p.m. - 7:45p.m. @ The Arcata United Methodist Church, 1761 11th St. Room 7. Questions? 707-822-2492 (T0929)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 825-0920, saahumboldt@yahoo.com or (TS-0929)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0929)

Vocational

BECOME A CA PUBLIC NOTARY AND LOAN SIGNING SPECIALIST! Classes will be held on Mon and Tues 9/26 and 9/27 at College of the Redwoods Community Education in downtown Eureka. Call 707-476-4500 for more information and registration information or visit us at www.redwods.edu/communityed (V-0818)

COLLEGE OF THE REDWOODS COMMUNITY EDUCATION will begin LIVE lecture real estate classes in Oct. that conclude May 2017. For additional questions call (707) 476-4500 or visit CR's Community Education at www.redwoods.edu/community-ed (V-0818)

Wellness & Bodywork

ARCATA CORE PILATES Pilates, Barre, Yoga, TRX, Dance, & Private Instruction. 707-845-8156 located across the street from the North Coast Co-op, 901 8th Street Arcata, CA. arcatacorepilatesstudio.com

YOGA IN FORTUNA THURS 9:30AM - 10:45AM W/LAURIE BIRDSONG. Multigenerational Center 2280 Newburg Rd. Breathe, stretch, strengthen the body, calm the mind. All levels. $11 drop-in or 6 class pass $57. Scholarships avail. info Laurie 362-5457 (W-0929)

FOOT REFLEXOLOGY CERTIFICATION Learn to relieve pain, improve alignment and body mechanics, promote detoxification and more. Combination in class and home study program begins September 16. Early registration discount. Alexandra Seymour ARC Board Certified Reflexologist at the Center for Reflexology 707-822-5395 or as@reflexologyinstruction.com (W-0901)

T'AI CHI WITH MARGY EMERSON The upcoming year, 2016-2017, will be Margy's 28th and final year of teaching T'ai Chi sequences. At 1049 C Samoa Blvd., Arcata (K St. & Samoa). The 13-week fall term starts Sept. 13. Three styles are offered: Long Form Wu Style, Chen style, and Combined 42 Forms. (New Chen and 42 Forms students must begin in the fall---their sequences will continue through winter term and finish in the spring.) A new T'ai Chi Sources class includes posture, breathing, qigong, Push Hands, Silk Reeling, meditation, and the Tao Te Ching. Daytime and evening classes. Begin as late as the third week. Visit a class with no obligation to pay or enroll. For details: www.margaretemerson.com or 822-6508. (W-0915)

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Beginning with Herbs. Sept 14 - Nov 2, 2016, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. Plant Lovers Journey to Costa Rica with Jane Bothwell & Rosemary Gladstar. November 10-19, 2016. Let us guide you through the unsurpassed beauty and wondrous diversity of Costa Rica! Herbal Adventure to Hawaii. Jan 14-21, 2017, Join Jane and Co. for an unforgettable journey to the Big Island. Along with ethnobotanical adventures, herbal spa days and meeting Native healers, enjoy a Kava ceremony and other cultural activities, lush beaches, lots of hikes, yoga and more! Register online www.dandelionherb.com or call (707) 442-8157. (W-0908)

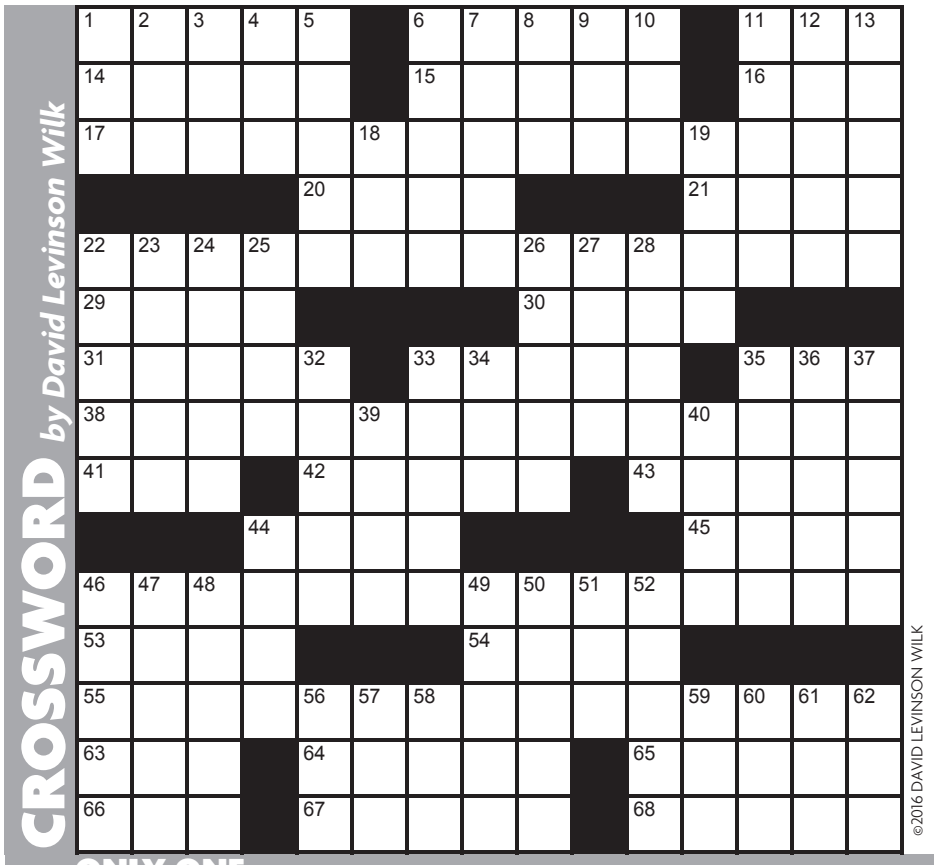
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CROSSWORD by David Levinson Wilk



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ONLY ONE • ANSWERS NEXT WEEK!

ACROSS

1. Org. that established the Image Awards in 1967
6. Actress Thomas of "That Girl"
11. What a punch may result in, briefly
14. Actor Davis of "Get on the Bus"
15. Exposed
16. In
17. "Don't cry over spilt milk"
20. Like Granny Smith apples
21. Second-hand
22. Its episodes included "Alice and the Blonde" and "Norton Moves In"
29. Half of Mork's farewell
30. ____ awkward position
31. ____ the hills (ancient)
33. Full range
35. Flamenco shout
38. Rotary alternatives
41. Clairvoyant's skill, for short
42. Specks
43. Jack of a nursery rhyme
44. Oscar-winning film set in Iran
45. Dublin's land
46. Returned to Scotland in 1996, it sat for 700 years under the coronation throne in England
53. Freeze Away target
54. "Would ____ to you?"
55. 2014 hit for Sam Smith ... or what three letters in each of 17-, 22-, 38- and 46-Across could rightfully say about another three letters in those answers
63. Moo goo ____ pan
64. Britain's Prime Minister until 2007
65. Store featured in "Miracle on 34th Street"
66. NNW's opposite
67. New England seafood staple
68. Mexican pyramid builder

DOWN

1. "Get cracking!"
2. Cigar residue
3. Naked ____ jaybird
4. Abbr. following op. and loc.
5. Sauce made with pine nuts
6. "Sicko" documentarian
7. Family nickname
8. Driver's assignment: Abbr.
9. Gift that may be presented with an "Aloha!"
10. Pigs out (on)
11. The farther ones
12. Ralph in the Baseball Hall of Fame
13. Pundits' pieces
18. "Reeling in the Years" rockers Steely ____
19. "SNL" alum Nora
22. Federal security, for short
23. Some church overhead?
24. Turn out to be
25. McCarthy era org.
26. Actors without lines
27. "Movin' ____" ("The Jeffersons" theme)
28. Promising words
32. Polo, e.g.
33. Climbed aboard
34. "SNL" alum Gasteyer
35. "Blame It ____" (1984 Michael Caine film)
36. Discover
37. First name at the cosmetics counter
39. Like some pizza orders
40. Big acronym in energy
44. Regarding
46. Sticks in a nest
47. Gaza group
48. Orange Muppet
49. Sequence sung by kids
50. Prayer starter
51. Flipper
52. 2014 Best Picture nominee that's set in 1965
56. "American Dad!" airer
57. Doc's warm treatment
58. Part of a sarcastic laugh
59. Bosox great Carl, familiarly
60. Halloween mo.
61. Dec. 31
62. "Exit full screen" key

LAST WEEK'S ANSWERS TO EDIBLE

G	O	O	P			T	A	P		O	B	A	M	A
A	R	M	E	D		A	L	L		C	A	N	I	T
W	E	A	R	E	F	R	E	E	A	T	L	A	S	T
P	O	R	K	E	R			B	D	A	L	T	O	N
				R	A	M	M	E	R					
M	C	C	C		Y	E	A		A	O	R	T	A	L
O	R	A	L	B		G	R	O	W	W	E	A	R	Y
R	O	M	E	O		Y	T	U		L	I	M	E	D
S	W	E	A	R	O	N	I	T		S	T	A	S	I
E	D	A	T	E	S		N	B	C		S	R	T	A
					S	T	A	Y	U	P				
R	O	M	A	N	I	A			T	U	S	S	L	E
E	D	I	B	L	E	U	N	D	E	R	W	E	A	R
P	A	N	I	C		N	E	O		L	E	G	G	S
S	Y	K	E	S		T	W	O			E	A	S	T

su|do|ku © Puzzles by Pappocom — MEDIUM #66

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		6		2		8		
3								7
	2	9		4		5	6	
			3		6			
1	6						8	4
			1		4			
	4	2		1		7	5	
5								8
		7		6		9		

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARGARET J LASAK CASE NO. PR160223

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both,
MARGARET J LASAK
A PETITION FOR PROBATE has been filed by Petitioner, Hendryck Lasak
In the Superior Court of California, County of Humboldt. The petition for probate requests that HENDRYCK LASAK be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.
A HEARING on the petition will be held on September 8, 2016 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 8.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Hendryck Lasak
1231 Florida Street
San Francisco, California 94110
July 22, 2016
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

8/4, 8/11, 8/18 (16-209)

NOTICE OF PETITION TO ADMINISTER ESTATE OF ZOE SHIZU FUKUI, also known as SHIZU FUKUI CASE NO. PR160242

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both,
ZOE SHIZU FUKUI, also known as SHIZU FUKUI
A PETITION FOR PROBATE has been filed by Petitioner, Rebecca Kinu Fukui
In the Superior Court of California, County of Humboldt. The petition for probate requests that Rebecca Kinu Fukui be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on September 8, 2016 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 8.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Thomas B. Hjerpe, Esq.
Law Offices of Hjerpe & Collins
350 E Street
First Floor
Eureka, CA 95501
August 12, 2016
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

8/18, 8/25, 9/1 (16-216)

NOTICE OF PETITION TO ADMINISTER ESTATE OF BETTY M. HYTKEN CASE NO. PR160241

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both,
BETTY M. HYTKEN
A PETITION FOR PROBATE has been filed by Petitioner, Mary Ann Hytken
In the Superior Court of California, County of Humboldt. The petition for probate requests that Marty Ann Hytken be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on September 1, 2016 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 8.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Kenneth M. Bareilles
533 E Street
Eureka, CA 95501
August 10, 2016
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

8/18, 8/25, 9/1 (16-215)

Heartbroken by auction of stuff.

The auction occurred on July 19th at TRIPLE AAA SELF STORAGE in Mckinleyville, unit 285. If you purchased this unit please contact me ASAP, I am willing to buy back my belongings for what you paid. Most of the items in this unit were of little monetary value, I am specifically trying to retrieve my mother's artwork, journals, and photos. My mother is dead and this is all I have left of her. Please contact me if you know anything about the whereabouts of my belongings. My phone number is (707) 629-3395 or you can email me at dulcewickhamdoane@gmail.com Thank you so much, Dulce Doane

8/11 (16-210)

ORDER ON REQUEST TO CONTINUE HEARING CASE NUMBER: FL150761

Protected Party: Desiree M. Hill
Restrained Party: Jamie Nyberg

Party Seeking Continuance:
Protected Party: Desiree M. Hill

The hearing in this matter is currently scheduled for August 3, 2016.
ORDER GRANTING CONTINUANCE AND NOTICE OF NEW HEARING
The court hearing on the Request for Domestic Violence Restraining Order (form DV-100) is continued to the date, time, and location shown below:
Date: 8/17/16
Time: 1:30pm
Superior Court of California
County of Humboldt
825 Fifth Street
Eureka, CA 95501

/s/ W. Arvid Johnson
Judicial Officer
July 26, 2016

8/4, 8/11, 8/18, 8/25 (16-207)

HUMBOLDT COUNTY SUPERIOR COURT EUREKA, CALIFORNIA NOTICE OF INTENTION TO SELL REAL PROPERTY AT PRIVATE SALE IN THE ESTATE OF LILY LEIGHTON CASE NO. PR160045 IN THE ESTATE OF GERALD LEIGHTON CASE NO. PR160046

NOTICE IS HEREBY GIVEN that, subject to confirmation by this court on August 25, 2016 at 2:00 p.m., or thereafter within the time allowed by law, in Department 8, of the above Court, the personal representative of the estate of the Lily Leighton and Gerald Leighton, will sell at private sale to the highest and best net bidder on the terms and conditions hereinafter mentioned, all right, title and interest that the estate has acquired in addition to that of the decedent in the real property located in Humboldt County, California, as described in Exhibit A, attached hereto.
Exhibit A:
ALL THAT REAL PROPERTY SITUATED IN THE STATE OF CALIFORNIA, COUNTY OF HUMBOLDT, CITY OF EUREKA, DESCRIBED AS FOLLOWS: Lots 66, 67, and 68 in Block 19 of the First Enlargement of Graybrook Tract in the City of Eureka, according to the map of said tract filed in the Recorder's Office of Humboldt County in Book 8 of Maps, Page 30.

This property is commonly referred to as 1508 Allard Ave., Eureka California, AP#008-112-014-00
The sale is subject to current taxes, covenants, conditions, restriction, reservations, rights, rights-of-way and easements of record, with any encumbrances of record to be satisfied from the purchase price.
Bids or offers are invited for this property and must be in writing and will be received at the office of Timothy J. Wykle, Mathews, Kluck, Walsh & Wykle, LLP, 100 M Street, Eureka, California, attorneys for the executor at any time after the first publication of this notice and before any sale is made.
The property will be sold on the following terms: cash or such credit terms and conditions as are acceptable to the undersigned and to the court. Ten percent of the amount bid to accompany the offer by certified check.
DATED July 27, 2016
Mathews, Kluck, Walsh & Wykle, LLP
/s/ By: Timothy J. Wykle
Attorney for Petitioner

8/4, 8/11, 8/18 (16-208)

T.S. No. 033024-CA APN: 053-091-005-000 NOTICE OF TRUSTEES SALE Pursuant to CA Civil Code 2923.3 IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 4/23/2010. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER

On 8/26/2016 at 11:00 AM, CLEAR RECON CORP., as duly appointed trustee under and pursuant to Deed of Trust recorded 4/30/2010, as Instrument No. 2010-8928-14, of Official Records in the office of the County Recorder of Humboldt County, State of CALIFORNIA executed by: JOSEPH R WILLIS, AND, AND GINGER D WILLIS, HUSBAND AND WIFE AS JOINT TENANTS WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIERS CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: IN THE FRONT ENTRANCE OF THE HUMBOLDT COUNTY COURTHOUSE, 825 5TH STREET, EUREKA, CA 95501 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: BEGINNING AT A POINT SOUTH 53 DEGREES 52 MINUTES WEST, 76 FEET FROM THE MOST NOTHERLY CORNER OF THE NEW RIO DELL TRACT, ACCORDING TO THE MAP THEREOF ON FILE IN THE OFFICE OF THE COUNTY RECORDER OF HUMBOLDT COUNTY, CALIFORNIA IN BOOK 11 OF MAPS, PAGE 48 AND RUNNING. THENCE SOUTH 52 DEGREES 52 MINUTES WEST, 84 FEET; THENCE NORTH 37 DEGREES 06 MINUTES WEST, 54 FEET; THENCE NORTH 52 DEGREES 52 MINUTES EAST, 84 FEET; THENCE SOUTH 37 DEGREES 08 MINUTES EAST, 84 FEET TO THE POINT OF BEGINNING. The street address and other common designation, if any, of the real property described above is purported to be: 152 ELKO ST RIO DELL, CA 95562 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: $222,566.58 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that

the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (800) 280-2832 or visit this Internet Web site WWW.AUCTION.COM, using the file number assigned to this case 033024-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR SALES INFORMATION: (800) 280-2832 CLEAR RECON CORP. 4375 Jutland Drive Suite 200 San Diego, California 92117

8/4, 8/11, 8/18 (16-201)

FICTITIOUS BUSINESS NAME STATEMENT 16-00417

The following person is doing Business as
HUMBOLDT CATERING
Humboldt
1647 7th Street
Eureka, CA 95501
PO Box 4591
Arcata, CA 95518
Adina Leone
1634 7th Street
Eureka, Ca 95501

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Adina Leone, Owner
This statement was filed with the County Clerk of Humboldt County on June 28, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: sc, Deputy Clerk

7/28, 8/4, 8/11, 8/18 (16-203)

FICTITIOUS BUSINESS NAME STATEMENT 16-00488

The following person is doing Business as
E&J DELUXE BUILDERS
Humboldt
1062 N Street
Arcata, CA 95521
PO Box 291
Loleta, CA 95551
Ernest R Hatfield
1062 N St
Arcata, CA 95521
Jay B Lasquade
894 11th St
Arcata, Ca 95521

The business is conducted by A General Partnership.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Ernest R Hatffield, Partner
This statement was filed with the County Clerk of Humboldt County on August 8, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: gw, Deputy Clerk

8/11, 8/18, 8/25, 9/1 (16-196)

LEGALS?

442-1400 ×305

classified@northcoastjournal.com

County Public Notices
Fictitious Business
Petition to Administer Estate
Trustee Sale
Other Public Notices



Obituary Information

Obituary may be submitted via email (classifieds@northcoastjournal.com) or in person. Please submit photos in jpeg or pdf format. Photos can be scanned at our office.

The North Coast Journal prints each Thursday, 52 times a year.
Deadline for the weekly edition is at 5 p.m., on the Sunday prior to publication date.

North Coast journal of Politics, People and Art
310 F STREET, EUREKA, CA 95501
(707) 442-1400 • FAX (707) 442-1401

HIRING:

GRAPHIC DESIGNER

The *Journal* is seeking talented, part-time graphic artists to join our winning team for print, web and mobile platforms. Must know Adobe CS.

Apply by sending resume and portfolio to holly@northcoastjournal.com





Opportunities

SEEKING IHSS CERTIFIED IN HOME PROVIDER Personal care, light housekeeping, cooking, 5-6 days a week, 4 hrs a day. Call Patricia 707-822-2887.

HOME CAREGIVERS PT/FT
Non-medical caregivers to assist elderly in their homes. Top hourly wages. (707) 362-8045.

EDUCATION: EQUAL OPPORTUNITY TITLE IX
For jobs in education in all school districts in Humboldt County, including teaching, instructional aides, coaches, office staff, custodians, bus drivers, and many more. Go to our website at www.humboldt.k12.ca.us and click on Employment Opportunities. Applications and job flyers may be picked up at the Personnel Office, Humboldt County Office of Education 901 Myrtle Ave, Eureka, or accessed online. For more information call 445-7039. (E-0625)

Part-Time to Full-Time Registered Dental Hygienist (RDH)
Candidates must possess a current CA RDH license, as well as, excellent communication skills, clinical experience, computer proficiency, and teamwork abilities. Bilingual Spanish and experience with Electronic Dental Records preferred. Compensation $38-$43 per hour DOE.

Full-time LVN/RN
Candidates must possess a current nursing license, as well as, clinical experience, strong triage skills, computer proficiency, and management abilities.

RRHC is an EOE and offers a four-day work week, as well as, competitive compensation and benefit packages.

Interested and qualified candidates may apply at :
Redwoods Rural Health Center
101 West Coast Rd
P.O. Box 769,
Redway, CA 95560,
download an employment application from **www.rrhc.org** or contact RRHC at **(707) 923-2783.**

Let's Be Friends

Tri-County Independent Living (TCIL) is a community-based, non-residential, non-profit, multicultural organization.

TCIL IS SEEKING TO FILL TWO POSITIONS

Information & Referral/Admin and Programs Support Specialist

Independent Living/Transitions Specialist

Looking for dedicated advocates of the Independent Living Philosophy which promotes and advocates for rights of people with disabilities to live independently, make their own choices and live in a fully accessible, integrated community.

Positions serve Humboldt, Del Norte and Trinity Counties from office located in Eureka. Full time. Excellent medical, dental, vacation/holiday/PTO and sick leave benefits. **Compensation:** I&R/APS Specialist $12–$14/hr. DOE; ILS/Transitions Specialist $15–$17/hr. DOE

For information on how to apply, application and position descriptions go to **www.tilinet.org**

OPEN UNTIL FILLED

People with Disabilities and Minorities strongly encouraged to apply. Alternative format will be provided upon request. EOE.

AIRLINE MECHANIC TRAINING – Get FAA certification. No HS Diploma or GED - We can help. Approved for military benefits. Financial Aid if qualified. Job placemenr assistance. Call AIM 888-242-3214 (E-0818)

AMERICAN STAR PRIVATE SECURITY
Is Now Hiring. Clean record. Drivers license required. Must own vehicle. Apply at 922 E Street, Suite A, Eureka (707) 476-9262.

Northcoast Children's Services

****Annual JOB POOL****
Full-time & Part-time Positions

NCS anticipates a number of Head Start, Early Head Start & State Program job openings for our 2016-2017 program year. Potential positions are throughout Humboldt County and may be school-year or year-round. Additional details regarding days, hours & locations will be available during interviews.

CENTER DIRECTOR:
Full-time; $13.07-16.34/hr.

FAMILY WORKER OR HOME VISITOR:
Part-time or Full-time; $13.75-14.75/hr.

TEAM TEACHER OR TEACHER
Part-Time or Full-Time: $11.15-$12.73/hr.

ASSOCIATE TEACHER
Part-time; $11.15-$11.72/hr.

ASSISTANT TEACHER
Part-time; $10.07-$11.11/hr.

CLASSROOM ASSISTANT
Part-time; $10.07-$11.11/hr.

COMBO ASSOCIATE TEACHER
Part-time; $11.15-$11.72/hr.

COOK, ASST. COOK & NUTRITION AIDE
Part-time; $10.07-$11.16/hr.

HOUSEKEEPER
Part-time; $10.32/hr.

SPECIAL AIDE
Part-time; $10.07-$11.11/hr.

SUBSTITUTES
Part-time; $10.07/hr. (Intermittent work, no benefits)
Submit Schedule Availability form w/Application

INTERPRETER (SPANISH)
Part-time; $10.32-$11.36/hr.

Complete job descriptions can be found on our website

Positions are Open Until Filled and include a generous amount of vacation, holiday & sick leave benefits. Full-time positions include additional benefit options. SEALED OFFICIAL TRANSCRIPTS/ Degree confirmation will be required upon hire for positions that require ECE units and/or degrees.

****NCS Application required for all positions****
Submit NCS Application, resume & cover letter for all full-time positions, all other positions require ONLY applications, to:
Northcoast Children's Services,
1266 9th Street, Arcata, CA 95521
For additional information please call **(707) 822-7206** or **1-800-808-7206** or visit our website at **www.ncsheadstart.org**

SALES AND MARKETING COORDINATOR Your day will consist of managing multiple projects, performing most administrative tasks for the sales, marketing and customer service departments and working with our expanding team of distributors, sales representatives and retailers. Hard workers, food lovers and people with a good heart are encouraged to apply.
Apply on the Cypress Grove website www.cypressgrovechevre.com

QUALITY ASSURANCE MANAGER Are you a food industry or manufacturing professional with top-notch communication skills who thrives in a small, fast-paced, entrepreneurial environment? You might be the perfect fit for our team: Cypress Grove is hiring for a Quality Assurance Manager to lead quality assurance efforts across the company.
Apply on the Cypress Grove website www.cypressgrovechevre.com

Career Opportunities

open door
Community Health Centers

Now hiring energetic service-minded individuals wanting to excel in a team environment.

NOW SEEKING HEALTH CARE STAFF:
Registered Nurses, , Medical Assistants, Dental Assistants, Case Managers

NOW SEEKING OPERATIONAL STAFF:
Administrative Assistants, Receptionists/ Customer Service Specialists, Billing

POSITIONS AVAILABLE IN:
Arcata, Crescent City, Eureka, Ferndale, Fortuna, McKinleyville, and Willow Creek

For details and on-line applications, visit:
opendoorhealth.com

Don't see your specific job? Submit your resume to **humanresources@opendoorhealth.com** and we will work to match you with our opportunities.

Licensed medical, dental or behavioral health providers are encouraged to inquire about career opportunities at **opendoorhealth.com**

Humboldt County Office of Education

Anticipated Openings for School Bus Drivers



Entry level or experienced–all you need is the DRIVE to succeed! Part-Time, full-time, and substitute positions. Competitive wages & benefits, PERS retirement for all regular positions. FREE training available for CLASS B license and School Bus Driver Certification.

Qualifications: Must be 18 years of age or older. Drivers are subject to a medical evaluation, including drug testing.

Apply at HCOE or online at **www.humboldt.k12.ca.us**

Reply to: Personnel, HCOE, 901 Myrtle Ave., Eureka, CA 95501.

County of Humboldt

BOAT OPERATOR I

$2,593–$3,327 mo. plus benefits

Operates a boat transporting passengers across the river at McCann during the rainy season; performs routine and skilled heavy physical work in the maintenance and repair of County roads the remainder of the year.

One year exp operating a small craft and six months work in construction or road maintenance work is desired. Must obtain a First Aide and Coast Guard Auxiliary Small Craft Handling Certificate within 60 days and a Class B CDL within 120 days of hire. Subject to DOT testing.

Filing deadline: August 29, 2016. Apply online at www.humboldtgov.org/hr or contact Human Resources (707) 476-2349 Humboldt County Courthouse, 825 5th St, Rm 100, Eureka. AA/EOE

Humboldt Senior Resource Center

Finance Director

F/T with benefits. Responisble for the agency's fiscal operations. Must have a Bachelors in Accounting and (5) years progressively responsible fiscal management experience.

PACE Accounting Specialist

F/T with benefits. Responsilble for billing and tracking reimbursement for PACE participants claims under Medi-Care and Medi-Cal or other payment sources.

To get complete job descriptions and apply visit our website at **www.humsenior.org.**

For more information, please call **(707) 443-9747** EOE

Supporting seniors in a high quality of life with dignity, health and self-determination.

CITY OF ARCATA

DISPATCHER/SENIOR DISPATCHER

$39,118.97–$49,984.50/yr.
plus $ Hiring Bonus $

Attend our next entry level testing date and see if you've got what it takes!

A completed employment application submitted to our office will reserve your space for Saturday, September 10th.

Visit **www.cityofarcata.org** for application materials, or call (707) 822-5953, City Manager's Office, 736 F Street, Arcata. EOE.

SPS
CARDINAL SERVICES INC., DBA
SEQUOIA PERSONNEL SERVICES

445-9641 • 2930 E Street Eureka, CA 95501
www.sequoiapersonnel.com

SHCHD

Southern Humboldt Community Healthcare District is now accepting applications for:

DIRECTOR OF NURSING — SKILLED NURSING FACILITY

This position is perfect for a registered nurse that is passionate about making a difference in the lives of others and enjoys working as a team. Full Time position. Over sees the staff and daily functions of an 8-bed Skilled Nursing Facility. Position reports directly to the Chief Nursing Officer. BSN required, previous management experience required. Must be familiar with Title 22 and skilled nursing regulations. This position would be a great fit for an experienced Director looking for a positive career change.

MATERIALS TECHNICIAN

Full Time position. Provides on-site inventory control/ supply management services. Responsible for accurately receiving, auditing, requisitioning, transporting, storing and accurately distributing hospital supplies. Experience preferred but not required; willing to train to right candidate.

IT MANAGER

Full Time position. Associate or Bachelor's Degree or certificate in computer related field required. Certification options include Microsoft certified IT professional certification, Cisco certified network certification, or similar. Minimum 5 years employment in a computer related experience required; healthcare setting experience preferred. Some night and weekend call required.

CASE MANAGER

Full Time position. 8-hour shifts. Provide assessment, planning, and coordination of options and services to meet a patient's medical care needs. Assist in patient care by providing clinical information to payers, monitor length of stay, seek necessary care authorizations, and appeal medical decisions. Current RN or CSW license required. Minimum 3 years case management, or related field, experience preferred.

PATIENT REGISTRATION CLERK

Full Time, Part Time, or Per Diem; 8-hour shifts, Day shifts.

Visit **www.shchd.org** for more information and to apply Or call (707) 923-3921 ext. 230

County of Humboldt

VETERANS SERVICE REPRESENTATIVE

$2,937–$3,769 Monthly

Under general supervision, counsels veterans and family members and assists them in obtaining their full range of services and benefits.

Responsibilities require the regular use of independent judgment, initiative and discretion, as well as the ability to deal successfully with individuals from various socio-economic groups. Must possess a valid CA driver's license.

Final filing date: Friday, August 26, 2016.
Apply at www.humboldtgov.org/hr or contact Human Resources, Humboldt County Courthouse, 825 5th St., Rm100, Eureka, CA 95501
(707) 476-2349 AA/EOE

City of Arcata

JUVENILE DIVERSION COUNSELOR I/II

Arcata Police Department.
$53,511.80-$74,800.53/yr.

FILING DEADLINE: 4pm, August 19th.

Develops, coordinates, and performs a variety of activities related to juvenile diversion and youth and family services programs; maintains relations with social, legal and education agencies within the community to provide services.

Visit our jobs page at **www.cityofarcata.org** for application, benefits and full job description information. EOE.

City Manager's Office, Personnel Division, 736 F Street, Arcata, 95521; 707-825-2135.

CITY OF ARCATA

POLICE OFFICER

$50,190.39 – $61,006.73/yr.

POLICE OFFICER TRAINEE

$17.45 – $21.22/hr.

The City of Arcata has one more position to fill as a result of Measure Z funding. We are seeking a lateral transfer, graduate, or sponsor-able candidate for the next Police Academy starting January 2017.

Apply now! We offer health benefits for the Sponsor candidate, and a generous financial hiring incentive for the Lateral or Graduate selected through a rigorous hiring process.

Visit **www.cityofarcata.org** or City Manager's Office, 736 F Street, Arcata (707) 825-2135. EOE.

changing tides family services

We are hiring! Full-time and part-time positions available!

CHILD CARE CASE MANAGER

This full-time position interviews applicants to determine eligibility for subsidized child care programs and maintains a caseload of clients. Course work in social services or related field and experience which has involved the explanation of rules and regulations to the public desired. Bilingual Child Care Case Manager requires ability to speak, read, and write in accurate, fluent Spanish. Child Care Case Manager starts $14.11/hour; Bilingual Child Care Case Manager starts $14.83/hour. **Closes 5 p.m., 8/29/16**

VISITATION SPECIALIST

This full-time position provides supervised visitation for children, youth and their families in a variety of settings, provides parenting skills coaching, as well as related tasks.. Requirements include: transporting clients in employee's own vehicle throughout Humboldt County (mileage is reimbursed), ability to lift and carry car seats and children, minimum two years of experience working with children, youth or families or two years working in a social service agency. Stipend available for qualified bilingual candidates (English/Spanish). Starts at $14.11/hour. **Open until filled**

RESPITE WORKER/RESPITE SPECIALIST/ SKILLS SPECIALIST

Intermittent schedule/part-time positions.
Applications accepted on an ongoing basis

Respite Worker – This position serves as a personal attendant to provide care and supervision of children or adults who have developmental disabilities, including but not limited to: autism, intellectual disability, cerebral palsy, and epilepsy. Performs work in family residences or, as approved, in community settings. Starts at $12.26/hour.

Respite Specialist – This position serves as a personal attendant to provide care and supervision of children or adults who have developmental disabilities, including but not limited to: autism, intellectual disability, cerebral palsy, and epilepsy and who also engage in challenging behaviors. Performs work in family residences or, as approved, in community settings. Starts at $14.25/hour plus mileage reimbursement.

Skills Specialist – This position provides behavioral and support services to children and adults who have developmental disabilities; uses intervention strategies that reflect evidence based practices to increase developmentally appropriate skills as overseen by a behavioral consultant; as assigned, performs personal attendant duties; performs related work as assigned. Work is generally performed within the focus individual's residence or (as approved) in community settings. Starts at $14.25/hour plus mileage reimbursement.

For all positions- Must possess a valid CDL and current insurance, and a vehicle for work use. Must pass a criminal record background check.

Full-time positions include benefits such as paid vacation/sick leave, holidays, paid insurance, and retirement plan.

Application and job description available at **www.changingtidesfs.org** or by calling (707) 444-8293.

Please submit letter of interest, resume, and application by email to nprato@changingitdesfs.org or.U.S mail to Nanda Prato, 2259 Myrtle Avenue, Eureka, CA 95501 by closing date, as applicable EOE

Mad River Community Hospital

Come join Mad River Community Hospital and enjoy the satisfaction of working with a team.

Yes, you can be happy at work…here. If you have to work, why not do so with some of the best in the business. We are looking to hire **Registered Nurses, Human Resource Team Leader** and other positions.

Look on our web site for openings: www.madriverhospital.com

AMERICA'S SBDC CALIFORNIA NORTHERN CA NETWORK
SMALL BUSINESS DEVELOPMENT CENTER NORTH COAST

BIZNET COORDINATOR- NORTH COAST SMALL BUSINESS DEVELOPMENT CENTER The BizNet Coordinator serves as the SBDC's liaison with, & first line of support for, North Coast small businesses. The position provides quick business answers, signs up clients for trainings, & performs intake interviews for clients seeking consulting services. The BizNet Coordinator is also responsible for outreach ˙ keeping online materials current, attending business functions on behalf of the SBDC, & helping to market the services of the Center. To apply visit http://www2.humboldt.edu/hsuhr/vacancies.html Application Deadline: August 25. Open until filled.

CRESTWOOD

LOOKING FOR A MEANINGFUL JOB IN YOUR COMMUNITY?
To start a career where you feel good about helping out others? We are looking for On-Call team members to supplement our programs, a great opportunity to get your foot in the door with our caring and compassionate company. We are looking for on-call LVN/LPTs, Service Coordinators, Rehab Assistants, Cooks, and Housekeepers.
Apply in person at
Crestwood Behavioral Health Center
2370 Buhne Street, Eureka
707-442-5721

County of Humboldt

BUILDING MAINTENANCE CUSTODIAN

$2,370–$3,042 Monthly (Plus Benefits)

This is the journeyman level class in the custodian series. Under general supervision, independently performs custodial, cleaning and basic maintenance work in County buildings and adjacent grounds; performs related work as assigned.

Must possess sufficient strength and stamina to maneuver equipment weighing up to 40 pounds. Must be able to work evening shifts, standby, and overtime as necessary.

Desired experience includes one year of experience in janitorial or custodial work.

Filing deadline: August 26, 2016. Apply online at www.humboldtgov.org/hr AA/EOE.

open door
Community Health Centers

Open Door is looking for experienced clinicians who want to work in a comprehensive clinic setting as part of the care team with medical providers, psychiatrists and support staff.

CHILD/ADOLESCENT THERAPIST (LCSW, LMFT, PsyD)
To work with children, teens and families (Arcata)

ADULT THERAPIST (LCSW, LMFT, PsyD)
to work with adults, couples and families (Arcata)

INTEGRATED BEHAVIORAL HEALTH SPECIALIST (LCSW/ACSW, LMFT/ MFT, MBH, PsyD)
to work with adults (Eureka)

opendoorhealth.com
for more information and application.

HIRING: GRAPHIC DESIGNER

The *Journal* is seeking talented, part-time graphic artists to join our winning team for print, web and mobile platforms. Must know Adobe CS.

Apply by sending resume and portfolio to holly@northcoastjournal.com



NORTH COAST CO-OP

Human Resources Director

North Coast Co-op, one of the country's largest consumer cooperatives with two stores in California's Humboldt County, is seeking a HR Director.

Reporting to the General Manager, the HR Director is responsible for administering benefits, Union relations, training programs, and ensuring compliance for a staff of 200+ employees. As part of our Management Team, they will participate collaboratively in the overall planning and management of the co-op.

Interested applicants should have an understanding and commitment to the cooperative business model and a proven, successful management history. Experience working in a union environment is a plus. Bachelor's degree preferred plus five years of Human Resources/Management experience, or an equivalent combination.

North Coast Cooperative offers a competitive wage package, and an excellent benefits package. Job description and application at **www.northcoast.coop/about_us/careers/current_openings.php**

Please submit resume and letter of interest to HR by **5pm on 9/15/16 at hr@northcoastco-op.com**

K'IMA:W MEDICAL CENTER

an entity of the Hoopa Valley Tribe, is seeking applicants for the following positions:

PHYSICIAN FT/Contracted ($91.34-115.38 per hr). Provides medical care and referrals. **Open until filled.**

DENTIST FT/Contracted ($55.86-72.64 per hr). Provides dental health care. **Open until filled.**

FAMILY NURSE PRACTITIONER FT/Contracted ($39.60-62.53 per hr). Function as a primary care provider seeing all ages of patients and all medical conditions. **Open until filled.**

PUBLIC HEALTH NURSE FT/Regular ($33.30-43.29 per hr). Operates a community health program where all client populations are evaluated and accounted for; work with staff from the Ambulatory Clinic, Outreach, Diabetes, and Senior Nutrition programs. **Open until filled.**

REGISTERED NURSE OUTREACH/CASE MANAGEMENT FT/Regular ($33.30-43.29 per hr). Assist in the overall management of patients both in clinic and in the field. **Open until filled.**

CHIEF OPERATING OFFICER FT/Contractual ($39.60-47.51 per hr, neg.). Key manager in operation of a comprehensive health care delivery organization and manages select organization programs. **Open until filled.**

MEDICAL ASSISTANT FT/Regular. Provides administrative, clerical and technical support to physician; Certified Medical Assistant desired. **Open until filled.**

LICENSED VOCATIONAL NURSE FT/Regular ($19.05-24.77 per hr). Assists in providing direct nursing care for patients. **Deadline to apply is extended to 5 PM, August 24, 2016.**

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 or call **530-625-4261** or email: **hr.kmc@kimaw.org** for a job description and application. Resume and CV are not accepted without a signed application.

Sutter Health
Sutter Coast Hospital
We Plus You

SURGICAL INVENTORY/STERILE PROCESSING SPECIALIST

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For consideration, please apply to requisition SCH-1616584 via our website: **www.sutterhealth.org/employment** EOE

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Humboldt County Office of Education

School Nurse

1.0 FTE, 2016-2017 School Yr.

Reqrs. CA School Nurse credential authorizing school nursing services & current Board of Registered Nursing license.

Credential may be applied for upon hire with Bachelor's Degree & RN License. Itinerant school nursing exp. in school setting pref. Placement on Certificated Salary Schedule. Eligible for Health & Welfare benefits & STRS.

App. available at HCOE or online:
www.humboldt.k12.ca.us/pers/appinfo.php

Reply to: PERSONNEL, HCOE, 901 Myrtle Ave., Eureka, CA 95501. For job desc. or questions contact Kathy Atkinson at katkinson@humboldt.k12.ca.us or call (707) 445-7039. **Open Until Filled.**

Humboldt County Office of Education

Senior Account Technician—School Support Program

Full-time, 7.5 Hrs./Day, 12 Mo., 260 Days/Yr., $2,632.07-$3,361.37/Mo., $16.20-$20.69/Hr., Entry DOE.

Qualifications: Requires 3 years experience working in fiscal recordkeeping, bookkeeping and competency in spreadsheet and software applications. Experience in a school office performing both clerical and fiscal duties desirable. Eligible for Health & Wellness Benefits, PERS Retirement.

Application available at HCOE or online:
www.humboldt.k12.ca.us

Reply to: PERSONNEL, HCOE, 901 Myrtle Ave., Eureka, CA 95501. For questions contact Kathy Atkinson at katkinson@HCOE.org or call (707) 445-7039. **Closes: 8/30/2016, 4 pm.**

NORTH COAST CO-OP

Marketing and Membership Director

North Coast Co-op, one of the country's largest consumer cooperatives with two stores in California's Humboldt County, is seeking a Marketing and Membership Director.

Reporting to the General Manager, the Marketing and Membership Director is responsible for building strong relationships with our members and community, organizing resources to advocate for the co-op's sustainable values, promoting the Co-op's business with effective marketing campaigns, and working with department heads to increase the effectiveness of our promotional programs.

Interested applicants should have an understanding and commitment to the cooperative business model and a proven, successful management history. Bachelor's degree preferred plus five year of experience with progressive responsibilities in marketing and management, or an equivalent combination.

North Coast Cooperative offers a competitive wage package, and an excellent benefits package. Job description and application at **www.northcoast.coop/about_us/careers/current_openings.php**

Please submit resume and letter of interest to HR by **5pm on 9/19/16 at hr@northcoastco-op.com.**

Northcoast Children's Services

CENTER DIRECTOR
WORTHINGTON HEADSTART

Responsibilities include the overall management of a Head Start center base program. Must meet Teacher Level on Child Develop Permit Matrix, plus 3 units in Admin (BA/BS Degree in Child Develop or a related field preferred). Requires a min of 2 yrs exp working with preschool children in a group setting. **Full-time** (school year): 40 hr/wk (Mon-Fri); $14.80-$16.34 per hr. **To apply, submit resume, cover letter & application**

ASSOCIATE TEACHER
WILLOW CREEK, REDWAY (TEMP)

Assists teacher in the implementation and supervision of activities for preschool children. Requires a min. of 12 ECE units - incl. core classes - & at least 1 yr exp working with young children. **Part-time,** 24-34 hr/wk (school year), $11.15-$11.72/hr.

Positions are Open Until Filled

To apply, submit applications to:
Northcoast Children's Services
1266 9th Street, Arcata, CA 95521
For additional info & application please call **707-822-7206**
or visit our website at **www.ncsheadstart.org**

YUROK TRIBE JOB OPENINGS

For information www.yuroktribe.org, hr@yuroktribe.nsn.us or 707-482-1350

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RG/PT WEITCHPEC $11.28-$14.19 OPEN UNTIL FILLED
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RG/FT WEITCHPEC $21.05-$26.58 OPEN UNTIL FILLED
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RG/FT KLAMATH $19.15-$27.56 OPEN UNTIL FILLED
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#0822 ENVIRONMENTAL SPECIALIST
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United Indian Health Services, Inc.

Application deadline: Aug 19, 2016

Dietician
Responsible for the medical nutrition therapy care of UIHS clients and working on efforts to prevent disease through nutrition education. Arcata /Full Time

Corporate Compliance Officer
Ensures the compliance with the rules and regulations of regulatory agencies, that UIHS policies and procedures are being followed, and that behavior in the organization meets the UIHS Standards of Conduct. Arcata /Full Time

Behavioral Health Counselor – School Based
Address mental health issues, including trauma, stress, anxiety, depression, substance abuse, grief and loss and disrupted family dynamics in a school based setting. Del Norte /Full Time

Human Resources Recruiter
Delivering all facets of recruiting success throughout the organization. Assist Human Resources section in carrying out the responsibilities of the human resources office. Arcata /Full Time

Night Housekeeper(s)
Must provide a clean, sanitary comfortable, orderly and satisfying surrounding for clients, employees and public. Arcata /Full Time

Nurse Supervisor
Oversees nursing functions, provides training. Arcata/Full Time

Clinical Nurse/RN(s)
Staff Nurse & Specialty Nurses Needed. Full and Part Time positions. Arcata/Klamath Full Time

Health Information (Records) Supervisor
Supervising health information staff and serves as the custodian of (client) records. Arcata/Full Time

Physical Activities Specialist
Serves as a lifestyle coach for participants in the Diabetes Prevention Program. Crescent City/ Full Time

Member Services Representative
Responsible for registration process of clients and assisting with benefit applications. Smith River/ Full Time

Medical Provider – MD/DO or FNP/PA
Provides medical care and treatment to patients in clinic setting. Humboldt/ Del Norte /Flexible hours up to Full Time

Per Diem Positions
Front Office Assistants, Medical & Dental Assistants and Registered Nurses. Humboldt/ Del Norte

Positions are, unless otherwise stated, open until filled. Employment application available online at **www.uihs.org**. Email application, cover letter and resume to **UIHS-Recruiting@crihb.org**

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Duties: Provide courteous front office reception services to corpsmembers, staff and incoming callers; follow state procurement guidelines for bids, accounts payable, fiscal tracking, data entry and filing.

Take online exam to get on the eligibility list at: https://exams.spb.ca.gov/exams/oa/

Apply online at www.ccc.ca.gov

Deadline August 25, 2016

McKINLEYVILLE COMMUNITY SERVICES DISTRICT

McKinleyville CSD is accepting applications for a full time **GIS Technician** to provide support in day-to-day operation of water, sewer, parks, St. lights & open space facilities $20.33-$25.95/hr plus benefits.

Applications at ***mckinleyvillecsd.com***
or 1656 Sutter Road,
McKinleyville, CA 95519
(707) 839-3251

Deadline September 9, 2016

www.mckinleyvillecsd.com

Northcoast Children's Services

COOKS — BLUE LAKE, RIO DELL, CENTER OF THE REDWOODS INFANT TODDLER CENTER

Duties include prep meals for toddler & preschool age children in a childcare center. Req. basic cooking skills, plus experience in food service & volume meal prep. Preferred candidate would have training or education in nutrition, menu planning, kitchen safety & sanitation & CACFP (CA Child Care Food Program) exp. **P/T** (yr round & school yr) $10.07-$10.62 per hour. **First Review Date: August 11th, 2016**

Submit applications to:
Northcoast Children's Services
1266 9th Street, Arcata, CA 95521
For addtl info & application please call **707-822-7206**
or visit our website at **www.ncsheadstart.org**

CRESTWOOD

REG. DIETITIAN needed for behavioral health center to provide monthly assessment of clients with a dynamic interdisciplinary team. Contract position. Call 442-5721 x11060 for more info. http://www.crestwoodbehavioralhealth.com/location/eurekaca

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Application Deadline: August 24, first review. Open until filled.

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Includes a full schedule of landscaping, yard work, mowing, and trimming. Keep Humboldt beautiful!

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All supplies & equipment provided.

Must have pick-up truck or van, but mileage is fully reimbursed. Current driver's license, insurance, and background check required

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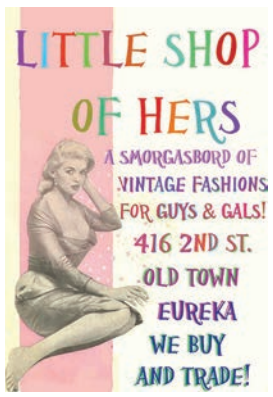
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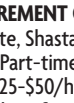
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The auction occurred on July 19th at TRIPLE AAA SELF STORAGE in Mckinleyville, unit 285. If you purchased this unit please contact me ASAP, I am willing to buy back my belongings for what you paid. Most of the items in this unit were of little monetary value, I am specifically trying to retrieve my mother's artwork, journals, and photos. My mother is dead and this is all I have left of her. Please contact me if you know anything about the whereabouts of my belongings. My phone number is (707) 629-3395 or you can email me at dulcewickhamdoane@gmail.com
Thank you so much, Dulce Doane

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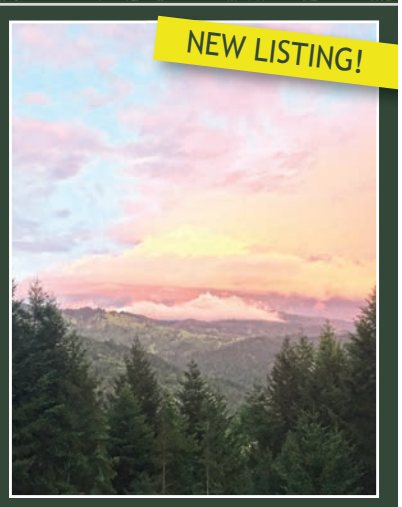
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BLUE LAKE HOME ON ACREAGE $2,500,000

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Gorgeous, 3 bedroom, 2 bathroom home situated on ±73 AG zoned acres just 15 minutes from Blue Lake! Acreage has mixed timber and topography with two large, open flat areas. Property has a dual power drops, one commercial drop to AG building and another solar grid-tied residential to the house. Large AG building is on a concrete slab and measures 25'x60'. Well permit is on file and waiting to be drilled! Home has been recently remodeled and features wrap around deck, in ground pool, attached 2 car garage, and so much more!



HAWKINS BAR LAND/ PROPERTY $99,000

±2.09 Acres privately located on the outskirts of Trinity Village! Parcel is lightly wooded and sloping with a small existing flat. PG&E and community water to the property.

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NEW LISTING!



BLUE LAKE LAND/ PROPERTY $895,000

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